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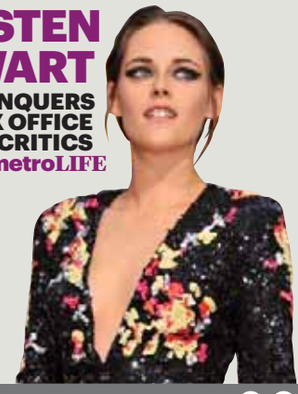
Toronto metro

Your essential daily news | WEEKEND, AUGUST 21-23, 2015 | High 22°C/Low 12°C Partly cloudy



KRISTEN STEWART
CONQUERS BOX OFFICE AND CRITICS
metroLIFE

Affordable Toronto

TIME TO STOP COMPLAINING

Forty-three world cities are more expensive than our own

Luke Simcoe
Metro | Toronto

Stop complaining, Toronto.

It turns out living in Canada's largest city isn't as much of a strain on your pocketbook as you might think.

Developer Gerardo Robledillo's website Expatistan compares the cost of living in different cities based on crowdsourced data.

If you've ever wondered whether a pair of jeans is more expensive in Toronto or Calgary, the site will let you know (it's Calgary, in case you were wondering).

Toronto remains the most costly city in Canada, but ranks only 44th in Expatistan's list of 202 cities.

In fact, Hogtown was more affordable than a number of U.S. cities, including Seattle, Miami and even Denver.

Zurich, Switzerland topped the list as the world's most expensive city, while the Moldovian capital of Chişinău was the most affordable. New York ranked eighth.

In the Canadian context, data from Expatistan would suggest Calgary has surpassed Vancouver as the country's second most expensive city.

The rental cost of an 85-square metre apartment in Calgary is nearly identical to Vancouver, while everything from jeans to movie tickets to a pint of beer is cheaper on the coast, the site says.

metro
More coverage, page 8

T.O. LOVE

Homegrown clothing line using city pride to help the poor
metroNEWS

Peace Collective launched online last year and has since expanded into eight retail spots across the GTA. CONTRIBUTED

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$8 At The Gate Opening Day Discount | TODAY ONLY! See Back Page for Details

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CITY: 8.5L/100 KM▼

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metro NEWS

Your essential daily news

Caitlyn Jenner could face vehicular manslaughter charge. **World**

Buskers hit the CNE stage for subway spots

MUSIC

Organizers expect 175 to compete for 74 places

Jessica Smith Cross
Metro | Toronto

On Friday, Leo Zhang is auditioning to keep his job.

He's been one of the TTC's official subway musicians for 13 years. But his contract — like that of subway buskers across the city — is just about up.

In order to renew it, he'll have to take centre stage at the CNE and vie for three more years underground.

"To say competition is fierce is an understatement," Zhang said.

The TTC has 74 licences to hand out and 175 people are slated to audition over the first three days of The Ex. Each performer has seven minutes to wow three official judges — and the members of the public who will be watching.

Zhang, a classically trained cellist with a master's degree in performance from the University of Toronto, initially signed up as a busker to conquer stage fright.

"Long story short, I conquered it," he told Metro on Thursday.

Now, he relishes every minute he spends playing to the crowd.

"It's great. I'm providing music to soothe the daily commute," he said.

"Music is the food for the soul. So people are very kind in return and give generous tips and buy my CDs."

Zhang plays classical and original experimental music that pushes the envelope for cellists, he said.

The people listening Thursday at Bloor-Yonge seemed to love it — one woman began browsing his CDs, as a subway driver declared he's the best musician who plays at the station.

Zhang considers his subway serenades a full-time job, playing 365 days a year along with teaching and recording music on the side.

"It's like any self-employed business, always a hit and miss," he said about the amount of money people toss in his hat.

"Some days I do great, and some days I make almost nothing.

"Ninety-nine per cent of people are kind and respectful. But there are always the haters. I just use their negativity as encouragement for myself."

BUSK-OFF

Catch all the action!

Where: The competition takes place at Exhibition Park, just outside the northwest corner of the Food Building.

When: It runs daily through Sunday, starting Friday at 10 a.m.

Leo Zhang is a classically trained cellist and official musician for the transit system. He performs in Bloor-Yonge station. LIZ BEDDALL/METRO

Steve Gaul looks up at Burlington Music Centre on Wednesday, entering hour 123 of his drumathon to help raise money for children suffering from heart defects.
COLE BURSTON/TORONTO STAR

CHARITY

Drumming like an animal for his little girl

After playing the drums for 134 hours, Steve Gaul woke up from a short sleep, made some eggs and went grocery shopping. Aside from the dislocated thumb, aching ribcage and twitching muscles in his arms and legs, he felt pretty good.

As he should. His "Drumathon" in Burlington this week raised more than $31,000 for Cardiac Kids, an organization that supports children who, like Gaul's two-year-old daughter, were born with heart defects. And in the process, he set a new record for the "longest marathon drumming by an individual," pending approval from Guinness World Records.

"I'm kind of sad that it's over, to be honest," Gaul told the Star, hours after he drummed his last lick in front of an estimated 800 people at a Burlington band shell on Wednesday night.

The 45-year-old started drumming on Friday at the Burlington Music Centre. According to Guinness rules, Gaul was allowed to bank five minutes' rest time every hour. He didn't stop for the first 44 hours, and then used the accumulated time to sleep about 90 minutes per night.

"It's awe-striking and it's humbling, clearly, to see all those people there," he said. "All those people were there to support me in my journey to support Cardiac Kids."

Gaul's daughter, Jersey, was born with a congenital heart defect that has forced her into several procedures — including open-heart surgery to repair her aortic valve and install a pacemaker — before turning 3. Complications from surgery also triggered a stroke, which has impeded her ability to learn how to talk.

When Gaul finished the drum marathon, he said he became very emotional as he ran to hug his wife Casey and two daughters. Jersey ran over to the drum set, picked up the sticks, and started banging away, said Meghan Hurley, who organized the event and works for Cardiac Kids, an organization linked with SickKids Hospital in Toronto.

Gaul set the drum marathon record in 2011 when he raised money for cancer and kept it up for 121 hours. That mark was eclipsed by Portugal's Carlos Santos, who reached 133 hours in November 2014.

Now that he's taken back the crown, Gaul was asked if he'd ever repeat the feat.

"I'll never do it again," he said. "I feel complete."

TORSTAR NEWS SERVICE

134

By the end of his marathon session, the man known as "The Animal" (of Muppets fame) played for 134 hours, eclipsing the previous record of 133 set in 2014.

$31,000

More than $31,000 was raised for Cardiac Kids at SickKids.

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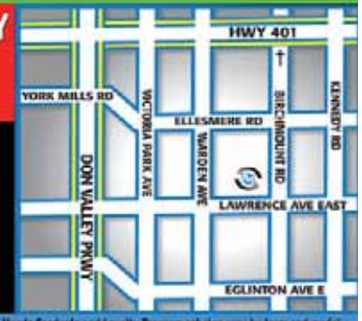

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Shilpa Raju's life was saved by a double lung transplant in 2012. CHRIS SO/TORSTAR NEWS SERVICE

Gift of life that keeps on giving

OUTREACH

New campaign will target South Asians in Ontario

Shilpa Raju was given a new lease on life in 2012 when she found a suitable — and more importantly, willing — donor for a double lung transplant for cancer.

However, not everyone is as fortunate as the Toronto epidemiologist, especially those in need of organ and tissue donations in the South Asian community where cultural and religious beliefs prevent many from putting their names on the donation registry.

To counter those myths and encourage donors to come forward, the Council of Agencies Serving South Asians (CASSA) has launched the South Asian Gift of Life Campaign by partnering with more than 40 community groups to educate and better inform South Asians through education forums and a media blitz.

"We need to address myths and misconceptions around organ and tissue donation through education and meaningful community engagement," Neethan Shan, CASSA's executive director, told a news conference this week.

"The need for an organ or tissue transplant can affect any one of us. No community is immune.

"It's important for all communities, including South Asian Canadians, to be part of the solution to stop preventable deaths on the transplant waiting list by registering consent."

According to research by the Institute for Clinical Evaluative Sciences, only 12.8 per cent of South Asian Ontarians have registered their consent for organ donation, compared to 25 per cent of the general Ontario population.

> **We need to address myths and misconceptions.**
> Neethan Shan, CASSA's executive director

Just over 54 per cent of South Asian families consented to deceased organ donation when a family member died in hospital, compared to 68 per cent for other Ontarians.

The campaign has designated Oct. 5 to 11 as the South Asian Gift of Life Week.

TORSTAR NEWS SERVICE

CRIME

Police seek murder witness

York Regional Police are appealing to a witness for information following a murder in Vaughan in early August.

On Aug. 5, just after 12 p.m., York Regional Police were called to the area of Highway 7 West, west of Keele Street after workers discovered the body of a dead man lying just off of the road.

Police have identified the man as Fernando Anibal Acosta, 38, of Toronto.

According to York Regional Police Officer Const. Laura Nicolle, Acosta's body was not disguised or hidden in any way when police found it.

Foul play was initially suspected, and following a post-mortem investigation police believe Acosta to have been murdered some time on Aug. 1.

At 7:22 a.m. on that day, surveillance video shows a grainy image of a male witness walking west on the south side of Highway 7, west of Keele Street and the CN rail yard, in the area where Acosta's body was found. Investigators believe that the witness would have walked past the victim before he was murdered.

"We believe they would have crossed paths" before the victim was deceased, Const. Andy Pattenden said.

Anyone with information is asked to contact the Homicide Unit at 1-866-876-5423 ext. 7865, or Crime Stoppers anonymously at 1-800-222-TIPS.

TORSTAR NEWS SERVICE

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‘Cheating’ not such a simple matter

ASHLEY MADISON

Expert cites reasons why partners stray

Jessica Smith Cross
Metro | Toronto

Why do Torontonians cheat? There are lots of different reasons, if you listen to Ashley Madison users. After a week of revelations about the infidelity website, one user in Toronto put it this way: “I may be spoken for, but I speak for myself.”

Another user described his Ashley Madison use as “fishing with no string,” and a third simply wrote, “I want more.”

It goes on, and on.

With the hacked Ashley Madison data out on the Internet, it’s easy to speculate about why people cheat — or even if they don’t cheat, are drawn to a dating site marketed to cheaters. But the reasons are more complex than you might think.

Robin Milhausen, an associate professor at the University of Guelph, studies human sexuality and authored a thorough study on the causes of infidelity.

“There’s this idea that if somebody cheats, it means that something in the relationship is broken, and I don’t think that’s true,” she said.

In men, easier arousal is linked to a stronger likelihood to cheat — but on the flip side, so is having sexual performance issues.

“Men who have difficulty with their erections might seek out more high-risk sexual activity, which would be super-exciting, to buttress their ability to get an erection and maintain it,” she said. “At the same time, if their erection doesn’t hold up, they may never have to see this person again, anyway.”

But for women, relationship unhappiness was more significantly linked to unfaithfulness.

Women’s rates of cheating are about the same as men’s, which generally ranges from 20 to 40 per cent, depending on how “cheating” is defined, from emotional cheating, to sexting, to sexual intercourse, she said.

The broad condemnation of Ashley Madison users as “cheaters” who deserve what’s coming to them dismays Milhausen. She traces that emotional reaction to society’s high levels of anxiety over monogamy. For example, students in her sexual behaviours class are generally unfazed by all manner of fetish, but when it comes to a class on consensual polyamory — many become distinctly uncomfortable.

“People hold on to that monogamy ideal more strongly than many other types of behaviour,” she said.

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METROLINX

Councillor Mark Grimes. TORSTAR NEWS SERVICE

MUNICIPAL POLITICS

Resident demands expenses probe

An Etobicoke resident is asking the City of Toronto to audit the 2014 re-election campaign expenses of Mark Grimes, the longtime councillor for Ward 6 Etobicoke-Lakeshore.

Mark Craig will make his case to the compliance audit committee on Aug. 25.

In his application made public Tuesday, Craig alleges that Grimes “massively overspent” to get re-elected. The city says the council campaign limit for Ward 6, based on the number of eligible voters, was $40,432.25.

Candidates have to fully account for spending, including the fair market value of discounted or gifted resources.

Craig questions expenses including production costs for dozens of short online campaign videos, many of them featuring endorsements from people including Councillor Norm Kelly. Craig says the reported $3,200 spent on the videos and photography is far under market value.

Craig also questions the cost of trucks — with flashing lights and signs touting Grimes — that he says drove main streets toward the end of the campaign. Craig says he can find no accounting for the costs of truck rental or gas. Grimes’s family owns a trucking company.

Grimes listed no staff salaries. Craig questions if two campaign workers were in fact paid.

Brochure production and distribution expenses are another question Craig has.

At the hearing, Grimes or a representative will be able to argue why the audit is unnecessary.

If the three-member panel orders an audit, and it finds evidence of overspending, the panel can refer it to a special prosecutor for possible prosecution under the Municipal Elections Act.

The CBC reported in February that Michael Craig filed a complaint against Grimes with Toronto’s integrity commissioner, alleging concerns over Grimes’s dealings with developers. The commissioner will not confirm if that resulted in any probe.

On Thursday night, Grimes had not yet responded to a request for comment. TORSTAR NEWS SERVICE

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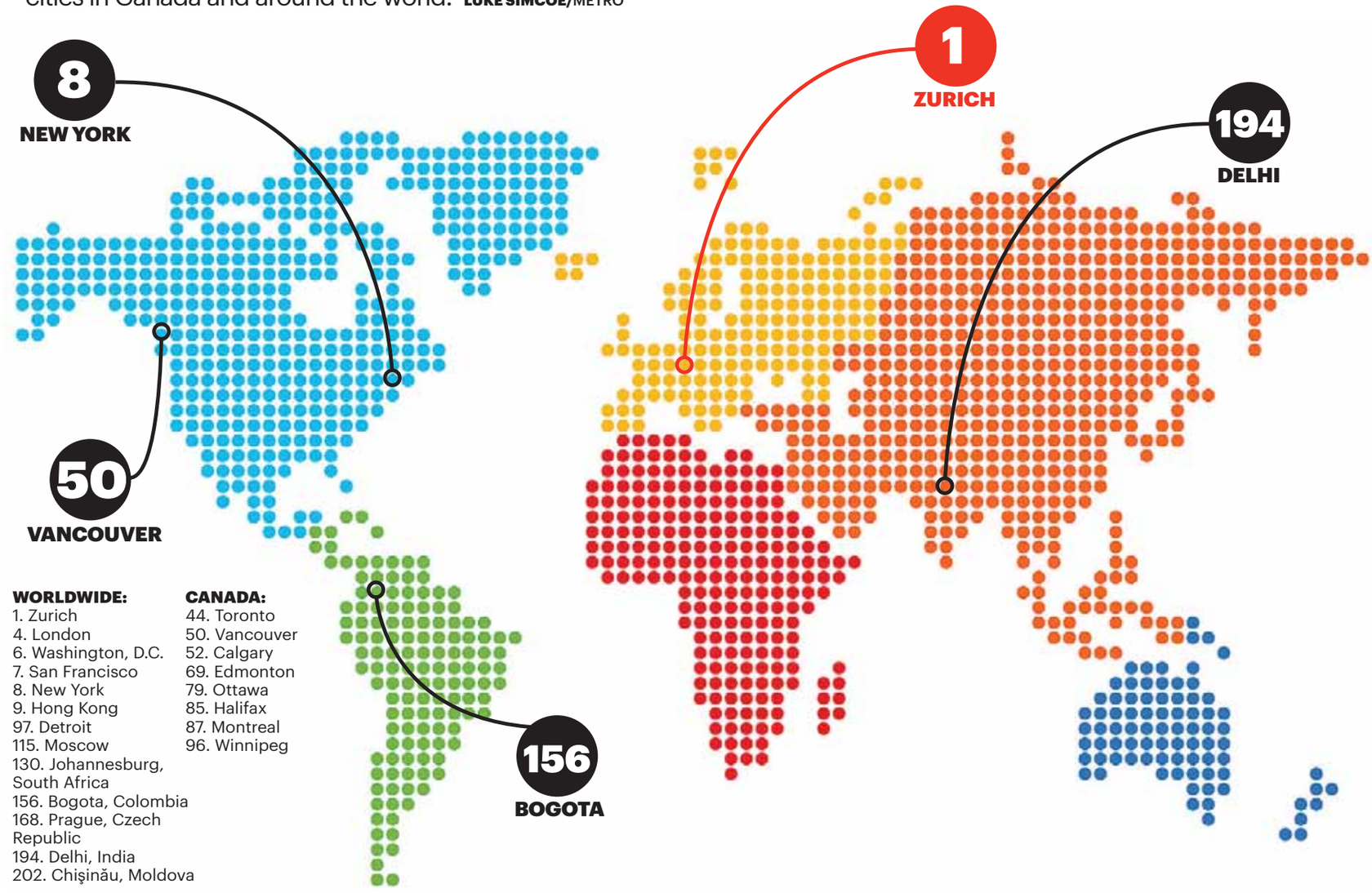
Just how expensive is Toronto?

The website Expatistan allows users to compare the cost of living in different cities based on crowdsourced data. In a list of over 200 cities, Toronto comes in at No. 44 — more expensive than other Canadian urban centres, but less costly than places like Denver, Seattle or the entirety of Switzerland. Here's how Expatistan ranks some other cities in Canada and around the world. **LUKE SIMCOE**/METRO



WORLDWIDE:
1. Zurich
4. London
6. Washington, D.C.
7. San Francisco
8. New York
9. Hong Kong
97. Detroit
115. Moscow
130. Johannesburg, South Africa
156. Bogota, Colombia
168. Prague, Czech Republic
194. Delhi, India
202. Chişinău, Moldova

CANADA:
44. Toronto
50. Vancouver
52. Calgary
69. Edmonton
79. Ottawa
85. Halifax
87. Montreal
96. Winnipeg

metrocompares: City vs. city — how does Toronto stack up?

T.O. vs. Calgary In the battle between Canada's two most expensive cities, Toronto emerged on top, if only slightly.

According to Expatistan, Toronto is six per cent more expensive than Calgary. However, the site only factors in the cost of renting — not owning — a home, which can skew the numbers. **Here's how the two cities compared on some important prices*:**

12%

LUNCH

A lunchtime meal in the business district is 12 per cent more expensive in Toronto than in Calgary.

23%

THEATRE TICKETS

A night at the theatre for two people is 23 per cent more expensive in Toronto than Calgary.

11%

RENT

Take an 85-square-metre apartment: In Toronto, the rent is 11 per cent more expensive than Calgary. However, the utility bill for that same apartment would be 33 per cent cheaper in Toronto.

34%

CLOTHING

A typical pair of jeans in Toronto will cost you 34 per cent less than in Calgary.

20%

TRANSPORTATION

A monthly transit pass is 39 per cent more expensive in Toronto than Calgary. However, an eight-kilometre taxi ride is 20 per cent cheaper in Toronto.

*Crowdsourced data updated hourly; percentages given are as of press time.

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CRIME

Police vet banned from using Internet

A 30-year Peel Regional Police veteran with experience in the special victims unit was temporarily prohibited from using the Internet Thursday morning after facing several charges involving child pornography and fraud.

The charges stemmed from an April complaint, which triggered an investigation into "fraudulent activity" involving Det. Craig Wattier, a supervisor assigned to the technological crime unit.

Wattier, who joined the force in 1985, looked sombre at a Brampton court Thursday he was released on $8,000 bail.

That release came with restrictions, keeping Wattier from using computers and devices that can access the Internet, preventing him from possessing data storage devices and banning him from visiting public spaces where children under 16 might be.

A publication ban was placed on evidence discussed at his appearance.

Craig Wattier CONTRIBUTED

Wattier's wife, who served as his surety, was "visibly shaken and concerned," said the judge, after Crown counsel listed off her husband's charges: accessing child pornography, possessing child pornography, breach of trust and two counts of fraud over $5,000.

"I take these allegations very seriously. The officer has been suspended with pay in accordance with the current legislation under the Police Services Act," Peel police Chief Jennifer Evans said. TORSTAR NEWS SERVICE

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Peace Collective founder Yanal Dhailieh is using a clothing line to help spread urban pride across the city. INSTAGRAM

Wear your heart on your sleeve

CHARITY

Clothing line aims to boost T.O. pride and help feed poor

Gilbert Ngabo
Metro | Toronto

The shirts, hats and jackets made by Peace Collective are about much more than clothing.

They're about the city — and being proud to call it home.

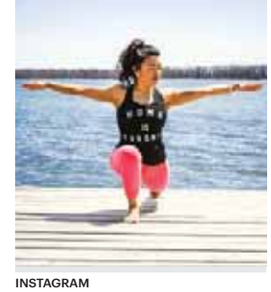
"You could walk down the street right now in Toronto and I guarantee you will see somebody wearing an 'I love New York' shirt or an 'I love Paris' shirt," founder Yanal Dhailieh said. "But you hardly see Toronto represented that way."

He's out to change that.

Launching Peace Collective last year, Dhailieh's drive to celebrate the city is expressed through slogans like "Home is Toronto," "Toronto over Everything" and — the catchphrase that seems the catchiest — "Toronto vs. Everybody."

The company launched online last year and, picking up steam quickly, has expanded into eight retail spots across the GTA.

Now, Dhailieh is turning to philanthropy — donating a portion of proceeds for every item sold to the World Food Program, dedicated to providing meals at schools in parts of the world where children are going hungry.



INSTAGRAM

The idea stems from a personal experience.

A few years ago, Dhailieh was volunteering at a school in Morocco and realized parents were forcing their kids onto the streets to beg for money.

The only way parents would let their kids go to school was if they got fed while they were there.

"That really touched me a lot," Dhailieh said. "Most of us take food for granted, but a simple act like providing a meal will help a kid learn and be educated and, hopefully, later give back to the community."

"Most of us take food for granted."
Yanal Dhailieh

Jolly trolleys

This week marked two birthdays for Toronto's iconic streetcars: the 154th anniversary of the city's first streetcar route — and the 77th anniversary of the debut of the PCC model, considered Toronto's first modern streetcar. To celebrate, Metro is taking you on a tour of designs through the ages. **LUKE SIMCOE** METRO

CITY OF TORONTO ARCHIVES

1 1860s

Prior to the formation of the TTC, streetcars consisted of horse-drawn trolleys operated by private transit providers. The first "horse-drawn railway" was built in 1861, and ferried people from the intersection of what is now Yonge and Bloor to St. Lawrence Hall on King Street.

COURTESY TTC

2 1920s

When the TTC was formed in 1921, it set about obtaining a fleet of larger streetcars to increase both ridership and reliability. Transit officials settled on the Peter Witt streetcar — named after the street railway commissioner of Cleveland. Between 1921 and 1923, the TTC ordered 575 of the cars, and the first one hit the tracks on Broadview Street on Oct. 2, 1921. Many of the cars were phased out by 1938, and the last of the Witt cars was retired in 1963.

1930s 3

On Aug. 20, 1938, the city took delivery of the first President's Conference Committee streetcars. "It was a modern, sleek, streamlined car," said TTC spokesman Mike DeToma. The PCCs featured a much smoother braking system and air-powered doors. The PCC car proved popular and many are still in operation around the world. The last PCC in Toronto was retired in 1995, although two cars are still used for charter services.

WIKIMEDIA COMMONS

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4 1970s

By the 1970s, the PCCs were showing their age, prompting a search for a new model. The new Canadian Light Rail Vehicles were manufactured by the Urban Transportation Development Corporation (what is now Bombardier) and began arriving in Toronto in 1977. The model is unique to the TTC and remains the longest-serving design in the city's history.

2010s 5

To replace the aging CLRVs, the TTC commissioned a new model, the Flexity Outlook, from Bombardier. The new streetcars are longer than their predecessors and boast a number of improvements, including air conditioning and wheelchair accessibility. "After 150 years, we finally got a streetcar with air conditioning," joked spokesman Mike DeToma. The vehicles entered service in 2014 along the Spadina route, but delays from Bombardier have significantly hampered the rollout of the new cars.

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GT models shown
2016 MAZDA6 GX
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bi-weekly for 48 months, with $995 down. Excludes HST.
‡Offer available on retail leases of new 2015 Mazda3 GX (D4XK65AA00)/2016 Mazda6 GX (G4XL86AA00)/2016 CX-5 GX (NVXK86AA00) with a lease APR of 1.49%/1.49%/1.99% and 104/104/104 bi-weekly payments of $79/$139/$139 for 48/48/48 months, the total lease obligation is $8,917/$15,503/$15,502 including down payment (or equivalent trade-in) of $649/$995/$995. As shown, Offered Pricing for new 2015 Mazda3 GT(D4TL65AA00)/2016 Mazda6 GT (G4TL65AA00)/2016 CX-5 GT (NXTL86AA00) with a lease APR of 1.49%/1.49%/1.99% and 104/104/104 bi-weekly payments of $158/$199/$206 for 48/48/48 months, the total lease obligation is $17,111/$21,725/$22,399, including down payment (or equivalent trade-in) of $649/$995/$995. Lease payments include freight and P.D.E. of $1,695/$1,695/$1,895, $5 OMVIC fee (all models), $23.75 Tire Stewardship fee (all models), and $100 Air Conditioning charge (where applicable). PPSA $75.28/$75.28/$75.28 and first monthly payment are due at lease inception. 20,000 km per year mileage allowance applies; if exceeded, additional 8¢ per km applies (12¢ per km for CX-9 models). Offers exclude HST. Offered leasing available to retail customers only. ^To learn more about the Mazda Unlimited Warranty, go to mazdaunlimited.ca. **All-in cash purchase price for 2016 CX-3 GX (HVXK86AA00) is $22,695. As shown, all-in cash purchase price for 2016 CX-3 GT (HXTK86AA00) is $30,995. Offers include freight and P.D.E. of $1,895, $5 OMVIC fee (all models), $23.75 Tire Stewardship fee (all models), and $100 Air Conditioning charge (where applicable). Offers exclude HST. See dealer for complete details. License, insurance, taxes and down payment (where applicable) are extra and may be required at the time of purchase. Dealer may sell/lease for less. Dealer order/trade may be necessary on certain vehicles. Offers valid Aug. 1 – 31 2015, while supplies last. Lease and finance on approved credit for qualified customers only. Offers subject to change without notice. Visit mazda.ca or see your dealer for complete details.
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E-sports draw crowds in city

STARCRAFT 2

Kickstarter helps attract top-tier players

Luke Simcoe
Metro | Toronto

As far as Graham Rogers is concerned, Toronto is the e-sports capital of Canada.

Rogers hails from Vancouver, but he's in town this week to host a competitive tournament for Starcraft 2.

"The e-sports scene doesn't exist in Vancouver like it does in Toronto," he said. "The best crowds are here for sure."

Along with his colleagues at BaseTrade TV, Rogers streams and comments on professional e-sports matches. He's attended a number of big-ticket e-sports events and wanted to try organizing one himself — setting out with a fairly small goal of bringing in $5,000 via Kickstarter.

He quickly surpassed the original drive, raising more than $27,000. The extra money allowed him to increase the scale of the event and even fly in top-tier e-sports players from Europe and South Korea.

"It let us turn a small LAN party into a big-ass tournament," Rogers said.

E-sport leagues have existed since the 1990s, but, in recent years, games like DOTA 2 and League of Legends have started to attract big crowds — and big money. The 2013 League of Legends championships sold out the Staples Centre in Los Angeles, and prize purses stretched into the millions.

E-sports are tremendously popular in South Korea — where 120,000 people gathered in 2005 for the Starcraft 2 championship — but have been slower to catch on in North America, Rogers said.

As a result, Rogers is encouraging people who may not be as familiar with e-sports to come check out this weekend's tournament. All those who attend Saturday will get free pizza and ice cream, and commentating will be geared towards those less familiar with the games.

"When you watch sports commenters, they're kind of just reporting what they're seeing," Rogers said. "But in e-sports, we like to explain why a player is doing something and maybe what his end goal is going to be."

Dubbed "Hell, It's Aboot Time," the three-day Starcraft 2 tournament runs Friday to Sunday at Hunter and Lucas Esports Club in Yorkdale (195 Bentworth Ave., Unit 2).

For more info, visit twitch.tv/basetradetv.

Graham Rogers, fourth from left, is the leading man behind this weekend's Starcraft 2 tournament. Rogers says Toronto has the best e-sports scene in Canada. COURTESY TABIN AHMAD

TIMELINE

1980: First video game tournament held by Atari.
1990: Nintendo hosts its first world championships.
1998: Starcraft released, kickstarting popularity of e-sports in South Korea.
2005: Some 120,000 fans watch Starcraft 2 championships in South Korea.
2013: The League of Legends world championships sell out the Staples Centre in Los Angeles.
2015: Top players admit to using prescription drug Adderall to stay focused. Anti-doping measures for e-sports is viewed as how legitimate competitive gaming has become.

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EDUCATION

Elementary teachers' union threatens to hike job action

Ontario's elementary public school teachers plan to ramp up their work-to-rule campaign when classes begin in less than three weeks — but they will still take part in extracurricular activities.

Teachers won't take part in any field trips, fundraising campaigns or professional development activities, Sam Hammond, president of the Elementary Teachers' Federation of Ontario, announced on Thursday morning.

However, the union won't be asking teachers to stop voluntary extracurricular activities unless things get worse in contract talks, Hammond said.

Teachers won't participate in professional development activities or respond to electronic messages outside of instructional hours, unless student safety is at issue, Hammond said. The 78,000 teachers in the ETFO also are urged not to take on any duties normally performed by principals, he said.

Bargaining is set to resume Sept. 1.

"We will be prepared for anything and everything on Sept. 1," Hammond said.

Hammond repeated a warning he issued earlier in the week that the Ontario government and school boards are "in for the fight of their lives" if they push proposals that might "undermine" public education or increase class sizes.

He dismissed suggestions that he lacks support of the union's membership.

"Anyone who says I control you needs to be here," he said.

He made his comments dressed in a red T-shirt that read, "Bargaining for the future, respecting our past."

He made no mention of wages or benefits in his address.

His comments came hours after a tentative deal was announced between public high school teachers and the province. TORSTAR NEWS SERVICE

Sam Hammond, president of the Ontario elementary teachers' union, says field trips and professional development activities will be deferred across Ontario unless there's a deal before the school year begins. MELISSA RENWICK/TORSTAR NEWS SERVICE

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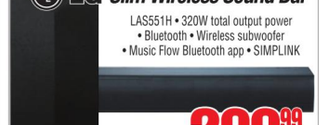

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Lawyer: Novak knew about $90K

DUFFY TRIAL

Witness was 'taken aback' by PM's views on residency

Benjamin Perrin, former legal adviser to Stephen Harper, arrives the Ottawa courthouse to testify at the Mike Duffy trial Thursday. Perrin will be cross-examined by defence attorney Donald Bayne beginning Friday. FRED CHARTRAND/THE CANADIAN PRESS

Ray Novak, the current chief of staff to Conservative Leader Stephen Harper, twice heard Nigel Wright say he would personally provide Sen. Mike Duffy with the money to repay questionable housing expenses, a Crown witness told an Ottawa courtroom today.

Benjamin Perrin, a former lawyer in the Prime Minister's Office, said Novak was sitting at the head of a boardroom table on March 22, 2013, as he and Wright prepared for a conference call with Janice Payne, the lawyer who was negotiating with the PMO about a plan to have Duffy reimburse the Senate for inappropriate living expenses.

Perrin, a witness for the Crown in Duffy's ongoing criminal trial, said as they discussed the possibility that Duffy might go back on his public commitment to voluntarily repay the expenses,

Wright, Harper's chief of staff at that time, said they would be repaid because he was paying for them himself.

"I was quite surprised by that statement from him. He had never discussed it with me or consulted with me in any way. It had never been in any contemplation that I ever heard of or speculated on. So, because it was so surprising to me, I immediately looked to my right to see Mr. Novak's reaction and he didn't have any reaction to that information," Perrin told the court Thursday.

Perrin said Wright repeated that information on the conference call with Payne and that Novak, at the time Harper's principal secretary, remained in the room throughout the call.

The assertion from Perrin that Novak knew about the $90,172 Wright provided to Duffy was previously shared with the court Tuesday, when defence attorney Donald Bayne read from an interview Perrin had given to the RCMP.

This was the first time the court heard it directly from Perrin.

The Conservative campaign has told reporters Novak did not know about the cheque, but Harper has not specifically addressed the contradictory information presented at the trial.

Earlier Thursday, Perrin said he was surprised when Harper decided a senator needed to own only $4,000 worth of property in a province to be constitutionally qualified for one of its seats.

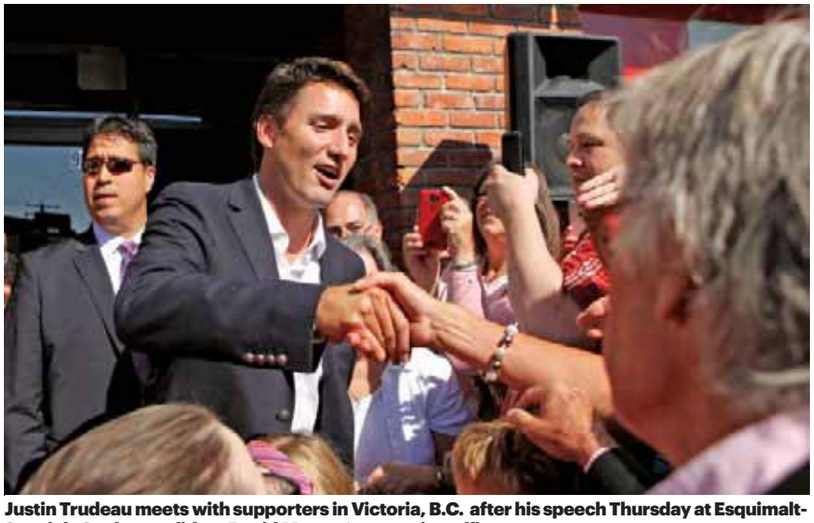
> **I would not be able to consider myself a resident of Nunavut, having never visited there, simply by buying $4,000 worth of property.**
> Benjamin Perrin

Perrin was testifying about an early attempt by the PMO to protect Conservative senators by more clearly defining residency in a way that would put to rest any doubts about their eligibility to sit in the Senate.

"The prime minister took the position that residence equals property," Perrin told the court.

The Constitution, Perrin pointed, mentions two criteria for a senator to represent a particular province: owning $4,000 worth of real property, but also that a senator "shall be resident" there. Perrin told the court he thought Harper's opinion was on shaky ground.

TORSTAR NEWS SERVICE



Justin Trudeau meets with supporters in Victoria, B.C. after his speech Thursday at Esquimalt-Saanich-Sooke candidate David Merner's campaign office.
CHAD HIPOLITO/THE CANADIAN PRESS

ELSEWHERE YESTERDAY ...

- Prime Minister Stephen Harper campaigned in King Township, Ont., where he promised to expand the 15 per cent non-refundable adoption expense tax credit and make it fully refundable. He said a re-elected Conservative government would increase the credit to $20,000 from $15,000.
- NDP Leader Tom Mulcair was in Vancouver, where he touted his plan for $15-a-day child care in a region where costs for daycare space are among the highest in the country. Mulcair said his plan will ease the burden on women, who often have to choose between a career and their children, and that his plan would provide more than 110,000 affordable child-care spaces in B.C.
- Green Party Leader Elizabeth May held meetings in her riding of Saanich-Gulf Islands, B.C.

THE CANADIAN PRESS

Liberals vow $190M care benefits hike

FAMILIES

Leader says expansion will have no impact on EI payments

Justin Trudeau directed his bid for the votes of middle-class families Thursday at Canadians needing to care for a sick loved one, promising that a Liberal government would ensure they have better access to financial support.

As prime minister, Trudeau said, he would commit $190 million to expand the compassionate care benefit — a pledge he said would have no impact on the amount Canadians pay in employment insurance premiums.

> **It's simply the right thing to do.**
> Justin Trudeau

"Too often folks are forced to leave their jobs and drain their personal savings to provide essential care," said Trudeau, speaking on the campaign trail in Esquimalt, B.C., on southern Vancouver Island. "That's not right."

Under the broadened Liberal program, Trudeau said benefits could be claimed by someone caring for an ailing family member over and above what they're able to provide in off-work hours, as well as by parents tending to a gravely ill child.

"It's an investment in our middle class but, more to the point, it's simply the right thing to do," Trudeau said. "Caring for each other is an essential part of what makes us Canadian."

Government documents disclosed under Freedom of Information laws reveal that different stakeholder groups — including the Canadian Cancer Society and the ALS Society — lobbied the Conservatives for changes similar to those being promised by the Liberals, including broadening eligibility requirements beyond only those in need of end-of-life care.

In its response section, the document said claimants could be eligible for a second period of compassionate care benefits if a loved one's illness subsided before returning later.

THE CANADIAN PRESS

WHERE THE LEADERS ARE TODAY

Stephen Harper: Itinerary unavailable.

Justin Trudeau, Tom Mulcair and **Elizabeth May** have no public events scheduled.

THE CANADIAN PRESS

VEHICULAR MANSLAUGHTER

Caitlyn Jenner charged

Sheriff's investigators plan to recommend prosecutors file a vehicular-manslaughter charge against Caitlyn Jenner for her role in a fatal car crash on the Pacific Coast Highway in Malibu last February, officials said Thursday.

Investigators found that Jenner was driving "unsafe for the prevailing road conditions" when her SUV rear-ended a Lexus, pushing it into oncoming traffic, Los Angeles County Sheriff's Department spokeswoman Nicole Nishida said.

Jenner was hauling an off-road vehicle on a trailer behind her Cadillac Escalade on Feb. 7 when she steered to avoid cars slowing for a traffic light in front of her on Pacific Coast Highway.

Jenner's SUV rear-ended two cars, pushing a Lexus into oncoming traffic.

The Lexus driver, 69-year-old Kim Howe, was killed when her car was struck head-on by a Hummer.

If convicted of such a charge, Jenner could face up to one year in county jail.

THE ASSOCIATED PRESS

July hottest month on record

GLOBAL WARMING

Climate change 'accelerating,' U.S. weather officials say

Earth just keeps getting hotter. July was the planet's warmest month on record, smashing old marks, U.S. weather officials said.

And it's almost a dead-certain lock that this year will beat last year as the warmest on record, they said.

July's average temperature was 16.6 Celsius, beating the previous global mark set in 1998 and 2010 by about one-tenth of a degree, according to figures released Thursday by the National Oceanic and Atmospheric Administration (NOAA). That's a large margin for weather records, with previous monthly heat records broken by a 20th of a degree or less.

"It just reaffirms what we already know: that the Earth is warming," said NOAA climate scientist Jake Crouch. "The warming is accelerating, and we're really seeing it this year."

NOAA records go back to 1880. Separate calculations by NASA and the Japanese weather agency also found July 2015 to be a record.

THE ASSOCIATED PRESS

A youngster cools down in Bucharest, Romania, in July, when a heat wave affected large areas of the country with temperatures higher than 37 C. VADIM GHIRDA/THE ASSOCIATED PRESS FILE

SOUTH AFRICA

Review board to mull over Pistorius release

A review board has up to four months to decide whether and when Oscar Pistorius will be released from prison into house arrest, a spokesman for South Africa's justice ministry said Thursday.

Two days before he was due to leave prison, Pistorius' early release was put on hold Wednesday by South Africa's justice department, which sent his case back to a parole review board. The athlete's release was approved eight months into his five-year prison sentence, when he should have served 10 months before even being considered for release, said justice department spokesman Mthunzi Mhaga.

Pistorius, the double-amputee Olympic runner, was convicted last year of manslaughter for killing his girlfriend, Reeva Steenkamp, in 2013.

News of the postponed release came to the Steenkamp family as they held a beachside commemoration for Reeva Steenkamp on Wednesday, what would have been her 32nd birthday, said Jacqui Mofokeng, a member of the women's group who petitioned the justice minister to delay Pistorius' release.

"The mood changed," said Mofokeng. "They sent a number of messages to individuals to say, 'Thank you very much. This is a better birthday than last year.'"

THE ASSOCIATED PRESS

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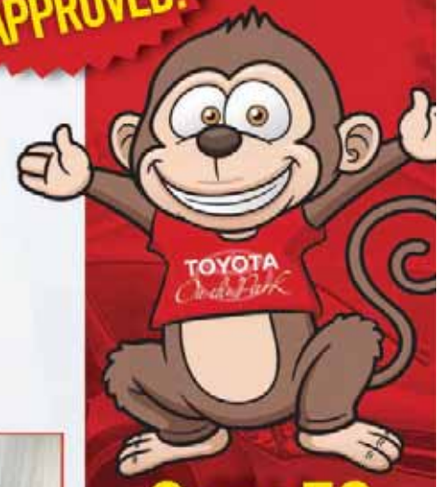

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PRESENTATION

Foods take on new rainbow of colours

Mozzarella cheese at Panera restaurants won't be as glaringly white. Banana peppers in Subway sandwiches won't be the same exact shade of yellow. Trix cereal will have two fewer colours.

Food makers are purging their products of artificial dyes as people increasingly eschew anything in their food they don't feel is natural. But replicating the vivid colours Americans expect with ingredients like beets and carrots isn't always easy. In fact, General Mills couldn't find good alternatives for the blue and green pieces in Trix, so the company is getting rid of those colours when the cereal is reformulated later this year. The red pieces — which will be coloured with radishes and strawberries — will also look different.

Colours made from fruits, vegetables and spices present more challenges than artificial dyes. In addition to costing more, colours from fruits and vegetables can be sensitive to heat and acidity. And since they're used in higher doses to achieve boldness, tweaks to other parts of recipes may be needed. Such adjustments can be tricky for companies that manufacture on massive scales. THE ASSOCIATED PRESS

Trix cereal with artificial colours, left, and natural colours. COURTESY GENERAL MILLS/ THE ASSOCIATED PRESS

PHARMACEUTICALS

Valeant paying $1B for sex-drug firm

A Canadian pharmaceutical company is entering the sexual stimulation business by spending more than $1 billion US to acquire the maker of a libido drug dubbed, if somewhat incorrectly, the female Viagra.

Valeant Pharmaceuticals said it has reached a deal to buy North Carolina-based Sprout Pharmaceuticals for cash and a share of future profits. The transaction was announced just two days after the U.S. Food and Drug Administration gave the green light to market its drug Addyi in the United States.

"Addyi can be a game changer in women's sexual health," Sprout CEO Cindy Whitehead said from New York City. She will head the new Valeant division.

Cindy Whitehead THE ASSOCIATED PRESS FILE

Valeant expects the pink pill will be available in the United States by Oct. 17. It's aiming to take the drug to international markets, including Canada. An application will be filed with Health Canada this year, with a decision expected within a year, said Valeant CEO J. Michael Pearson. THE CANADIAN PRESS

IN BRIEF

Shomi eyes wider base

Shomi, the streaming video platform from Rogers Communications and Shaw Communications, is now available to all Canadians through their Internet provider, regardless of which TV service they use. Previously, Shomi was available only to Rogers and Shaw cable TV and Internet customers. New members get a one-month free trial. After that, it will cost $8.99 a month — the same price as Netflix.

THE CANADIAN PRESS

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Greek PM quits after bailout deal rebellion

POLITICS

Sept. 20 is likeliest date for elections, officials say

Greek Prime Minister Alexis Tsipras, flanked by his aides, leaves the presidential palace in Athens after presenting his resignation on Thursday. LOUISA GOULIAMAKI/AFP/GETTY IMAGES

Greek Prime Minister Alexis Tsipras resigned Thursday and called early elections, an attempt to get a new, stronger mandate to implement a three-year bailout program that sparked a rebellion within his radical left party.

In a televised address to the nation, Tsipras said his government got the best deal possible for the country when it agreed to an 86 billion euro ($95 billion US) bailout from other eurozone countries.

The rescue was all that kept Greece from a disastrous exit from the euro but came with strict terms to cut spending and raise taxes — the very measures Tsipras had pledged to fight when he won elections in January.

His U-turn in accepting the demands by the country's creditors led to outrage among hardliners in his Syriza party, with dozens voting against him during the bailout's ratification in parliament last week. It was approved thanks to support from opposition parties.

Tsipras has insisted that although he disagrees with the conditions of the bailout terms, he had no choice but to accept and implement them to keep Greece in the euro, which the vast majority of Greeks want.

With the country's finances now secured, Tsipras said he felt obliged to let the Greek people evaluate his work.

Tsipras had delayed a decision on whether to call new elections until after Greece received the first installment from the bailout and made a debt repayment to the European Central Bank, both of which it did Thursday.

"Now that this difficult cycle has ended … I feel the deep moral and political obligation to set before your judgment everything I have done, both right and wrong, the achievements and the omissions," he said in the address. "The popular mandate I received on Jan. 25 has exhausted its limits."

> **The popular mandate I received on Jan. 25 has exhausted its limits.**
> Alexis Tsipras, Prime Minister of Greece

Tsipras formally submitted his resignation to the country's president, Prokopis Pavlopoulos, to begin the election process. This will involve letting the two main opposition parties — the conservative New Democracy and the Nazi-inspired Golden Dawn — try to form a government.

Each party can spend up to three days trying to do so. Neither party, however, is expected to have the support in parliament.

Tsipras did not mention a date for the election, although it will have to be held within the next month, with government officials saying Sept. 20 is the likeliest date.

Some analysts took the reports of early elections as an indication that Greece will struggle to implement the terms of its bailout.

"Given its anti-austerity roots, the remaining Syriza party will still struggle to implement the demanding bailout conditions, especially in the likely event that Greece sinks further into recession," said Jennifer McKeown, senior European economist at Capital Economics. "And major reforms seem unlikely to be passed in the period running up to the election."

However, initial reaction from European authorities appeared cautiously optimistic. Martin Selmayr, head of the cabinet of European Commission President Jean-Claude Juncker, tweeted that quick elections "can be a way to broaden support for (the bailout) stability support program." THE ASSOCIATED PRESS

Canada not immune to Amazon culture

The excesses of Amazon.com's hard-driving corporate culture made headlines this week, raising questions about whether similar problems are possible at Canadian companies.

The New York Times reported that the white-collar employees of the online retailer are dealing with an unforgiving and competitive culture in which the obligations of the company take supremacy over every other aspect of life.

Marty Parker, founder of the human resources consultancy firm Waterstone Human Capital, said the extreme experiences of some Amazon workers isn't a geographic quirk but a reflection of the company's revolutionary ambitions.

> **The idea that employees should be … sacrificing themselves to help the company is something we find all over the world.**
> Markus Giesler

"This is one tough culture, but this is an environment that's trying to take over the retail and digital universe," he said. Parker said a company based in Canada with a similar mission would likely demand the same of its employees.

Markus Giesler, an associate professor at the Schulich School of Business at York University, said Canadian companies are just as susceptible as American ones. He said corporate culture has been transformed in the last 30 years as businesses have begun expecting more and more from their employees in an increasingly globalized economy.

"The idea that employees should be radically flexible, always on call, always serving the customer, and sacrificing themselves to help the company is something we find all over the world," he said.

Yet Steven Murphy, dean of Ryerson University's Ted Rogers School of Management, said it's less likely for a Canadian company to drive its workers as hard as Amazon allegedly does.

"A lot of U.S. corporations, and especially tech, ride that balance between dedication and a level of commitment that we may not see in Canadian organizations," he said. THE CANADIAN PRESS

metro VIEWS
Your essential daily news
WEEKEND, August 21-23, 2015

THE KOHLER REPORT: ON INFANT INTERLOPERS

I don't think anyone enjoys excluding babies, but I do think a lot of people enjoy certain activities more when babies are excluded.

I woke up this morning wondering how I could alienate myself from all my friends who have children. And then it hit me: Write a column about how I don't want them to bring their children places. So here I am.

Earlier this week a Winnipeg mother attempted to bring her two-month-old son to an outdoor theatre to see the play Sister Act and was turned away due to the theatre's "no babes in arms" policy. The mum then went to the media crying foul. I say all is fair in love, war and Whoopi Goldberg-inspired theatre.

I don't think anyone enjoys excluding babies, but I do think a lot of people enjoy certain activities more when babies have been excluded. Plays, for instance. The dramatic arts are best enjoyed in an environment devoid of distractions, noise and "eau de poo," and the problem with babies is that all of those things are kind of their shtick. A baby is like a soft little boom box with no volume control that intermittently plays high-pitched noises. Frankly, Sister Act has enough of those on its own.

I was doing stand-up in a suburb north of Toronto a few months ago when someone showed up with their six-week-old daughter. I now know that a great way to ruin a good abortion joke is to have a tiny heckler punctuate it with several goo-goos and ga-gas.

I'm pretty easygoing about babies in most situations. I like babies. But what about that whole "There's a time and a place" thing? What if I showed up to a Gymboree Play & Learn and started doing shots in the corner? How would that go down?

It's pretty hard to talk about this without feeling like a very bad person. Nobody wants to resent a baby, except maybe their older sibling. And I admit that I don't have kids so I don't know what it's like to really, really, really want to see Sister Act in an outdoor theatre in Winnipeg and not be allowed to. I can only imagine the sorrow.

I'm not saying your baby isn't important (I believe that children are our future), but why should your and your baby's happiness override that of others?

Maybe one day I will have a baby and I'll reread this column and dislike myself greatly. Maybe I'll try to go somewhere with my baby and be turned away. Maybe I'll be angry and go to the news station or maybe I'll say to myself, "Relax, Rebecca. There's lots of other stuff you can do with your baby. You can go to Chippendales another time."

Rebecca Kohler is a stand-up comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter @becca_kohler.

The Ashley Madison leak: Violation or case of karma? Visit metronews.ca to answer our poll.

Happy face / Sad face

From **sexy soirees** to **invading insects,**
Metro weighs in on the news making headlines this week

An accessible orgy

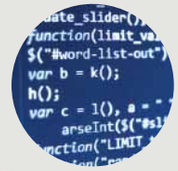
In some ways it was like any other sex party in Toronto: booze flowing, burlesque dancers dancing and a performance artist painting in the nude. But this sold-out show offered something different: hydraulic lifts and harnesses to help people get in and out of wheelchairs, and free entry to personal support workers. As far as the organizers know, Deliciously Disabled was the city's first sex party specifically for people with disabilities, and it provided both X-rated fun for those involved and a reminder to everyone that disability and sexuality aren't mutually exclusive. SOURCE: VICE

Saudi suffrage celebration

In a seriously belated suffragette-style victory, the first Saudi Arabian women have registered to vote in local elections. They'll also be able to stand for office for the first time in December. Local feminists are now leading a drive to register women to vote, and the newly named King Salman is gaining international praise for approving the measure, despite the late date. Amidst all the cheering, some Saudis see suffrage as a "Western intrusion" — and women are still not allowed to drive themselves to the polls. SOURCE: AL JAZEERA

Woes in the woods

One of Canada's most beautiful trees — the emerald-green eastern hemlock — is "in intensive care," says a paper in the journal Science. Its enemy: a pinhead-sized Japanese insect, the hemlock woolly adelgid. It has infested more than half the hemlock's territory and kills almost every tree it attacks. Insecticides are expensive and labour intensive. Scientists may release a predator to eat the adelgid or breed hemlocks resistant to it. It's unclear if either can be done before the forest is emptied of an icon. SOURCE: SCIENCE



Decoding discrimination

Smart software can do a reasonable imitation of a human worker, even evaluating job applications and making loan decisions — but it turns out it's copying our flaws as well. Algorithms meant to eliminate discrimination may be replicating it instead, according to a new paper presented at an Australian data-mining conference. Researchers wrote a code that predicted applicants' race and gender based on the data used by a resumé-scanning program, which was apparently picking up on things like street names and applicant names, leading to unfair generalizations. SOURCE: GIZMODO

ROSEMARY WESTWOOD

metroview

A book that makes you change the way you think, forever

Ta-Nehisi Coates tweets a lot lately about video games.

He tweets opaquely about video games. Example: "Pool of Radiance series is the best of the 80s old school joints. Those who disagree are base enemies of humanity."

Some of his followers openly wonder if his Twitter feed has been hacked. It has not.

The expectation is that the man who wrote Between the World and Me — which will be dubbed the most important book of the year/decade and can be found in the hands of Barack Obama and the pop singer JoJo — must tweet with the same gravitas with which he writes books: Burdened and proud, poetic and purposeful. And possibly only about race.

But it would be a mistake to think that if you read his book (everyone is reading his book) you will know him. That is never true.

The payoff is different, and better. You will understand, in as much intimacy as is possible, what life is like for a black man, if you are not one.

That is no small thing.

You will also find in a slim white book a heavy and disorienting theory of race, how it is inexplicably tied to the American (or capitalist) dream, and how small we all are in the face of that myth.

Destructive, too, because it's one of those books that doesn't let you go back to the way you used to think. It destroys your previous understanding of race and explains why, to quote Coates, there is no post-racial America and there will never be, unless the concept of "America" itself is destroyed.

No, it's not light summer reading. Yes, you should get a copy.

Probably, the book is most important for black Americans, and maybe black Canadians, and other so-called non-whites.

But I am a so-called white woman, and it is also an important book for me. Coates charges that in order to stop the oppression of black people, white people have to stop thinking they're white. We have to recognize that "whiteness" and racial hierarchies at large were created so that some people could exploit others, and that there is actually no biological basis for race (a basic fact, and part of why Rachel Dolezal was so fascinating).

I spend my days flitting about from article to article, one thin idea to the next. I often feel parched for depth, but can hardly seem to finish a book these days. I often think it's my fault.

But I read Coates' book in a weekend.

It's engrossing, beautiful and painful. Not very long, anything but thin.

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"I have secretly over the last several years been viewing pornography on the Internet and this became a secret addiction and I became unfaithful to my wife.
- Josh Duggar, whose name was in leaked Ashley Madison database

Sinister 2 shtick far too slick

SCARY MOVIES

Glossy production makes horror hard to believe

IN FOCUS
Richard Crouse

When was the last time you were freaked out by a Hollywood movie?

I can admit that It Follows and Unfriended raised a few goosebumps and I recall a Saturday matinee screening of Paranormal Activity that was the first and only time I have ever heard anyone actually scream in a theatre. I don't mean a quiet whimper followed by an embarrassed laugh or a frightened little squeal. I mean a full-on, open-throated howl of terror.

But these days it seems to me those moments are becoming fewer and further between. Zombies have gone mainstream, vampires now sparkle in the sun and werewolves have hipster hairdos.

I find the news more upsetting than most mainstream monster movies.

A recent re-watch of In Cold Blood gave me a jolt unlike any recent traditional gore fest.

It's not a horror film in the conventional sense, but because it's a true story of a senseless murder, it sent shivers down my spine.

A new film this weekend, the haunted home-movie tale Sinister 2, can only be called a horror movie because it is so poorly made. It is terrifyingly badly made but there is nothing that will actually give you nightmares, and isn't that the whole point?

George Mihalka, director of My Bloody Valentine — a movie Quentin Tarantino calls his all-time favourite slasher film — agrees that conventional horror is in a rut.

"As long as mainstream horror focuses on glossy monsters and the perfectly backlit villain and stylish gore shots that could pass for TV commercial beauty shots where blood and victims are interchangeable with beer and models, there is nothing left to fear," he says.

"An honest well-developed character is the reflective mirror that conveys the reality of the monster, villain, serial killer, ghost, zombie or vampire. If there is no truth or reality in the performance we cannot truly believe in the menace. We are left as numb, detached voyeurs of slick boogeymen or at best rooting for them to kill off the annoying bad acting of interchangeable pretty plastic people."

Horror hero and Rue Morgue editor-in-chief Dave Alexander agrees that much Hollywood horror errs on the safe side, but says there are still thrills to be had at the movies.

"Foreign and indie horror movies — those titles that play genre festivals — are the most exciting and innovative because they're not as bound by the Hollywood business model that favours remakes, sequels and chasing trends.

That said, there are still chills to be had at the multiplex when a breakout title with an original concept comes along — one of the best recent examples being It Follows."

Chris Alexander, editor-in-chief of legendary N.Y.C.-based horror and dark fantasy film culture magazine Fangoria says "real horror has always thrived in the mainstream and elsewhere. Always will."

"Throughout horror history, there have always been 'lite' versions of more palpable big-screen terrors. From the various monster comedies of the 1940s (how many times did Bela run afoul of Bowery Boys and Brooklyn Gorillas?) to Abbott and Costello romps to The Munsters. And Dark Shadows was a vampire soap opera that romanticized vampires for lonely housewives.

"Horror in the mainstream has long been a gateway drug for young people and, if they are affected and obsessed by the films they see with their pals on a Friday night, they'll likely begin the endless quest to 'chase the dragon' and find darker terrors, which are in large supply, internationally. If it wasn't... I'd be out of a job!"

There is nothing to give you nightmares in Sinister 2 — expect maybe how bad it is, writes Crouse. HANDOUT

MOVIE RATINGS by Richard Crouse

Mistress America ★★★★	
Fort Tilden ★★★★	
Sinister 2 ★	
Hitman: Agent 47 ★★	
American Ultra ★★★	
Bang Bang Baby ★★★	

HOW RATING WORKS	
★★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
★	SKIP IT

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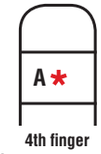

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Triple threat in Bang Bang Baby

IN THEATRES

Levy digs out her LaDuca's for musical sci-fi fantasy

Richard Crouse
For Metro Canada

Jane Levy plays a small town teenager with dreams of rock 'n' roll fame in Jeffrey St. Jules' Bang Bang Baby. HANDOUT

> **I thought it would be a challenge to explore singing and dancing.**
> Jane Levy, actress

Jane Levy has a diverse resume that includes the cable hit Shameless (where she dies in a most fiery way), the sitcom Suburgatory and the 2013 remake of Evil Dead. But her new film, Bang Bang Baby takes her back to where she began: singing and dancing.

"I did musical theatre, mostly because it was the only theatre available, not to say anything negative about that, but I wanted to be an actor. I loved drama and that was the way to do it so I was in all the plays. I was in Annie. I was in Oklahoma. I was in Annie Get Your Gun and The Wizard of Oz," When she was seven years old the California native recalls about her seven-year-old self.

She warbled her way through Broadway-style shows until she was about thirteen when she traded the stage for the soccer field. It took a few years but eventually she felt a familiar draw.

"I was eighteen and I just finished my first year of college and I hated school," she says. "I was miserable the whole year and I couldn't quite figure out why.

"I was in Europe with my friend and I said, 'You know what? I'm not going to do it anymore. I'm not going to school. Why not pursue the thing that I know has always been, deep down, my dream?'"

She's back to basics in Bang Bang Baby, a strange new big screen sci-fi musical that gives her the chance to strut her stuff. In it, she plays Stepphy, a 1960s teenager whose dreams of rock 'n' roll stardom are dashed when a chemical leak in her town causes mass mutations and "threatens to turn her dream into a nightmare."

When she first saw the script she says, "I thought, how cool and how strange. I thought it would be a challenge to explore singing and dancing which is something I had done as a kid but not since. And I also thought how unusual, how peculiar, how fun."

Levy has a whole slate of films on the way, including the much-anticipated animated movie Monster Trucks, but the best part of it all, she says, is that she is able to act in a variety of projects.

"For me, I feel like this is the thing I have to do. This is the thing I enjoy the most and this is the thing I'm best at."

INTERVIEW

The outspoken Sam Elliott

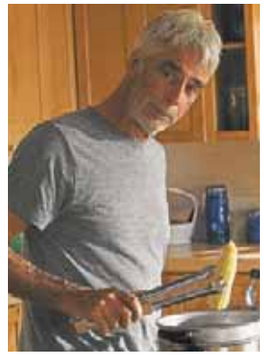
Matt Prigge
Metro in New York City

"Hot one out there today," Sam Elliott says in that voice — that bass-y growl softened by his Oregonian twang. He's exactly what you'd expect from his movies, only not so laconic. He's talkative and not afraid to bridge certain subjects — say, the topic of abortion, which fuels his new film.

In Grandma, Lily Tomlin plays a poet trying to procure a safe procedure for her granddaughter (Julia Garner). Elliott plays one of Tomlin's old flames, still hurting that she left him decades before for a woman.

Few films deal with aging in a serious way. This and I'll See You in My Dreams, with you and Blythe Danner, are exceptions.
People would ask (Brett Haley director of I'll See You On My Dreams) what kinds of films he wants to make. And he always basically said he wants to make films about real life. That's what I think this thing is too.

It's an honest portrayal of somebody that's experienced love and loss and is moving on in spite of it all — until the granddaughter comes knocking on the door.



Sam Elliot. HANDOUT

I imagine parts of America that won't take to a film that, in its first five minutes, offers a lesbian character with a younger girlfriend trying to help her granddaughter get an abortion.
I'm anxious to see how often that's going to come up. It's such a polarizing subject. Paul (Weitz, Grandma's director), he's not bitin'. He's not bitin' when someone brings it up. Because it's not really what the movie's about.

This would have probably been a studio film at some point, but the market's changed.
I've certainly noticed that. But there's such a market for good independent films. Those types of filmmakers have to go elsewhere to tell their stories. If the big studios aren't going to do it, they can do it on their own. You can't keep a good film down.

I'll See You In My Dreams quietly made a few million dollars in theaters, even when it was on VOD. So there's an audience.
There's always an audience — an audience that's crying for intelligent, entertaining stuff. If I can go to a theater and be entertained, and I can cry and laugh at the same movie, then what the f—, man? That is the ultimate. And you can maybe be enlightened or educated.

It's like this whole abortion issue. Maybe you walk away from it saying, "Well, they didn't really deal with the pros and cons of it." But there is a moment where Lily looks at her granddaughter and says, "You're going to think about this every day of your life."

Somebody says that to you, you know that it's something worth considering. It's a very difficult decision. I come on the side that the government's got no business telling women what to do with their physicality. I'm very much pro-choice.

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THE TV DINNER JESSICA ALLEN

‘But what about Museum Mile?’ I asked Greta Gerwig. Where does one economically refuel on the Upper East Side after hours of looking at art?

Designers Charles and Ray Eames were a couple who creatively collaborated with great success. In film, however, similar collaborations don’t always have Hollywood endings: Vincente Minnelli directed Judy Garland; Woody Allen directed Mia Farrow; Guy Ritchie directed Madonna; and Noah Baumbach directed Jennifer Jason Leigh in Margot at the Wedding.

Baumbach separated from Leigh, his partner of nine years, in 2010 after he directed Greenberg, which co-starred Ben Stiller and Greta Gerwig, with whom he is now in a relationship.

A few years later, Baumbach and Gerwig co-wrote Francis Ha, which he directed and she starred in — a collaboration they’ve repeated with Mistress America, which opens Aug. 21, in Toronto and in other Canadian cities a week later.

Tracey (Lola Kirke) is a lonely college freshman. Her soon-to-be stepsister Brooke (Gerwig) enters the Manhattan-based picture and shakes things up with her spirited, yet peculiar, brand of adventure.

After the film premiered at Sundance, Variety said it was “one of Baumbach’s warmest and purely funniest films,” which may be on account of Gerwig. Her performance “confirms (her) as one of the great, fearless screen comediennes of her generation,” they wrote, “a tall, loose-limbed whirligig who careers through scenes with the beatific ditziness of a Carole Lombard or Judy Holliday.”

THE MOVIE: Mistress America

THE MEAL: Club sandwich with fries

And through life, too. I met Gerwig when she was in Toronto promoting Damsels in Distress during the 2011 Toronto International Film Festival. Hotel room junkets must have been relatively new and nerve-racking for the actress — as they were for me. In fact, Gerwig’s junket was my first.

I don’t remember details of the interview, other than that she was reading a novel when I entered the room. But I do remember what happened afterwards — and not the bit about how we lost the video footage: I’m talking about when I walked outside the Ritz Carlton and lit a cigarette.

Gerwig sat down beside me and asked for a light. She fumbled with the lighter — like Buster Keaton might, if he were wearing Prada — for minutes. After talking about restaurants in Toronto, Gerwig plucked my notebook and pen from my bag and began to write a list of New York eateries I should visit.

SriPraPhai in Queens, Murray’s Bagels on 6th Ave and, of course, the Burger Joint hidden inside the Parker Meridien. “But what about Museum Mile?” I asked her. Where does one economically refuel on the Upper East Side after hours of looking at art?

Gerwig told me about Soup Burg, a diner at East 77th Street and Lexington, which for the next three years became my club sandwich-with-fries pit stop after gazing at Greek art and Gauguins.

The last time I went to grab a post-museum lunch in 2014, Soup Burg had unceremoniously closed its doors. It was a collaboration, of sorts, that I wish hadn’t ended.

Jessica Allen is the digital correspondent on CTV’s The Social.

MOVIE BRIEF

JLaw tops big bucks list

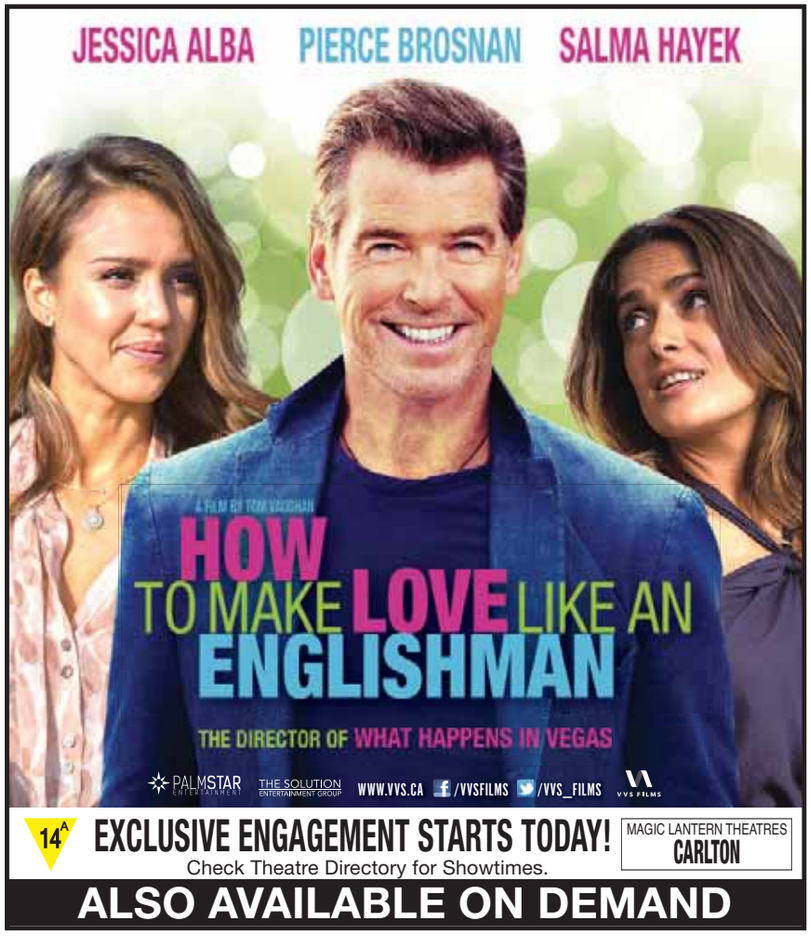
Forbes Magazine has released its annual list of the 50 highest-paid actresses, with Hunger Games star Jennifer Lawrence topping the list. Lawrence earned $52 million pre-tax over the last 12 months.

Scarlett Johansson was second, with a revenue of $35.5 million. Melissa McCarthy has amassed $23 million, earning her the third spot on Forbes’ list.

The only non-American actress to feature on the list was Chinese actress Bingbing Fan, who came in at No. 4.

The list also brought with it a very telling statistic. Compared to the highest-paid male actors list, the women’s combined earnings came in at $660 million less, confirming the gender-based pay difference in Hollywood. AFP

Jennifer Lawrence GETTY IMAGES



Flaky and unfocused? It's all just an act

GRETA GERWIG

Writer and star of Mistress America wants to direct next

Greta Gerwig is sitting in a Greenwich Village café trying to explain how she goes from being fully enmeshed in creating a film — co-writing it, producing it — to stepping into the story and inhabiting a character.

"My job is to almost get a bit unconscious about the whole thing," says Gerwig. "It's an odd paradox of completely knowing what you're doing — the language is in you, it makes sense — and also feeling like you're riding something but you don't have control of the speed."

She pauses. "I keep thinking of a jet ski. I don't know why."

Mistress America, which opens Friday, is the second film Gerwig has co-written with director Noah Baumbach, who is also her boyfriend of several years. Together with Frances Ha, the two movies have established a wider view of Gerwig, who was already seen as among the finest, most authentic actors of her generation.

Greta Gerwig, centre, is seen as one of the most authentic actors of her generation. HANDOUT

Mistress, an '80s-movie inspired farce, and Frances, a French New Wave-inspired tale of 20-something struggle, prove that Gerwig is as deliberate as she is intuitive. Though her sincere, confused characters have the messy blurred lines of life, that doesn't mean they aren't finely drawn.

"She's broadening the scope of what she's doing," says Baumbach, who first cast her alongside Ben Stiller in Greenberg before the two became closer while making Frances Ha. "She's a real voice. It wouldn't be wrong to say she has an authorial voice before she's actually directed a movie."

But as Gerwig said in her recent interview, "That, sir, is in the works today." She's finalizing plans to direct a screenplay she wrote called Lady Bird that's set in her hometown of Sacramento, Calif. She'll shoot it in March, with Scott Rudin producing. So, by jet ski or whatever watercraft metaphor you like, Gerwig is on the move.

> **Nobody was going to make any money, anyway. It seemed pointless not to amuse ourselves.**
> Greta Gerwig on making Mistress America

Mistress America was conceived around Gerwig's character, Brooke, a 30-year-old whirlwind of truly felt but poorly planned ambitions. Her intoxicating orbit draws in Tracy (Lola Kirke), her stepsister to be, a freshman and budding writer at Barnard College (where Gerwig also went, with playwright aspirations).

Like Baumbach's last film, While We're Young, and Frances Ha, much of the drama comes from characters growing into or accepting their place in life.

THE ASSOCIATED PRESS

INTERVIEW

Baumbach on writing strong roles for women

Matt Prigge
Metro in New York City

Collaborating worked out on Frances Ha, so writer-director Noah Baumbach and writer-actor Greta Gerwig — also a couple in real life — decided to do it again.

The result is Mistress America, a shape-shifting look at the friendship between Gerwig's flighty New York gal and an impressionable freshman played by Lola Kirke (Mozart in the Jungle). They even made the second half a lengthy screwball comedy set piece — a sequence that was tricky for both the actors as well as Baumbach. At least it gave him the chance to again put a favourite, possibly now cool pop star on his soundtrack.

While We're Young and Mistress America concern young people who run into trouble when it comes to using real people for their art.

Those are similarities I've become more aware of doing interviews than I was when I made them. I didn't think of that, actually, but I understand the similarities. Both of them are about idolatry and what you put on a person, what you make them out to be, even if that isn't necessarily what they are.

It's also interesting to see a film about a woman idolizing another woman. It's usually the man idealizing a woman.

On Frances we had explored a friendship between women that had no reliance on a male. Frances is about figuring stuff out, but it had nothing to do with failing in love. That was something that at the time we were less aware of until we finished the script. Like, "Oh, that's cool, it's not about a guy helping her figure it out. It's about figuring it out on your own, with other women."

In this we wanted to keep going that way and exploring a central female relationship. I think there is something about friendships between the same sex, particularly with a young girl, when you're looking up to someone you think you want to be.

How much do you think it helps having a female co-writer when it comes to writing female characters?

> **It's not about a guy helping her figure it out. It's about figuring it out on your own.**
> Noah Baumbach on Frances Ha and Mistress America

The thing about writing is you only have to understand up to a point what you're representing. Whether it's a woman writing a man or a man writing a woman, or if you're writing someone from a different ethnicity or a different age, on some essential level it doesn't mean you have to be that person.

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KRISTEN STEWART

American Ultra proves she's a terrific thespian

Matt Prigge
Metro in New York City

ALL PHOTOS: GETTY IMAGES

The death of Swan and rise of Stewart

Before she scored the Twilight gig, Kristen Stewart was simply a young actress. She was a child performer, just like Jodie Foster, who played the mother of her tomboyish teen in Panic Room. Among her first wave of raves was for a small but key role in Into the Wild — a turn that acclaimed French filmmaker Olivier Assayas (Carlos) said made him want to work with her. Assayas would belatedly cast Stewart in Clouds of Sils Maria, which netted her a Cesar — the French equivalent of the Oscar — for best supporting actress earlier this year. She was the first American to get the trophy.

Around the time of Into the Wild's release in fall of 2007, Stewart landed the coveted role of Bella Swan in Twilight. After that her life was never the same, and not exactly for good. Her existence became a non-stop surveillance hellsuck, her every move documented, her dazed talk show appearances obsessively scrutinized, her sex life salivated upon by every publication. Most one-on-one interviews dwell on her fumbling but usually failed attempts to seem invisible as she walks among us.

What's worse, her brand seemed to suffer. Critics and non-Twi-hard audiences quickly turned to pouncing on Stewart. She still did indies and artier fare, but she was now The Girl from Those Movies — a starlet with unkempt hair and a perpetually open mouth trying in vain to score some cred. Right now it's surprising that Stewart — it should be said deservedly — won a fancy European acting award, and for a movie that's 80 per cent her onscreen with no less than Juliette Binoche. But it shouldn't be surprising. Stewart has always been a unique screen presence — a thespian of great subtlety who communicates razor-sharp intelligence with very tiny movements across her face.

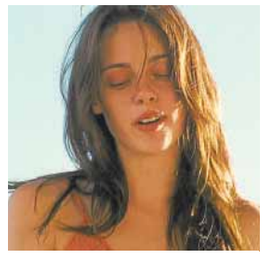
As she got older, and both more used to and more annoyed with her 24/7 public life, Stewart has become more articulate, more bold, more confident and more easily vexed, especially when it comes to her privacy. She hasn't changed up her performances, though. In Clouds of Sils Maria, in which she plays the weary but loyal personal assistant to a frenzied actress played by Juliette Binoche, she still speaks her lines in a disaffected drawl. But especially when paired with Binoche, with whom she clicks like they were an old married couple, one can sense the intention of each line — the way she's in complete control of the way words come out of her mouth.

Stewart's Sils Maria turn is, in effect, "the Kristen Stewart performance" — roughly the same remote, alto-heavy approach seen in Into the Wild and Adventureland, plus other indies like Welcome to the Rileys (in which she's a prostitute to James Gandolfini), The Yellow Handkerchief (a road trip saga with her, William Hurt and Eddie Redmayne), The Runaways (doing a mean Joan Jett) and On the Road.

This week sees the release of American Ultra, which is a stoner action-comedy sort of in the vein of Pineapple Express. Jesse Eisenberg plays a sleeper agent-turned-burner who doesn't remember he has Jason Bourne moves until they're awoken. Stewart plays his equally toking girlfriend who helps him as they escape, and in his case often brutally kill, government agents wanting him dead.

She does a lot with very little. She's not particularly funny, nor is she asked to be. She's the film's rock — the power that gives it more weight than it perhaps deserves. This shouldn't be surprising, and it shouldn't be think piece-worthy. After all, she has a Cesar.

Panic Room, 2002



Into the Wild, 2007

The Runaways, 2010

Clouds of Sils Maria, 2014

SUPPORTING ROLE

Playing awkward characters 'funnest thing ever' for Tony Hale

No, Tony Hale is nothing like his most famous characters — not Buster Bluth on Arrested Development not boyish "body man" Gary Walsh on Veep, and not Petey Douglas, a CIA agent hanging in the action-comedy American Ultra. He's as friendly and chatty as he is awkward onscreen. He has a small but key role in American Ultra, hanging back at the Pentagon and unwittingly put in command of a drone operation that may harm hero Jesse Eisenberg — a sleeper agent-turned-stoner who only realizes he has Jason Bourne moves when he's "awoken."

American Ultra is another case where you're playing someone oblivious to how socially awkward he is.
I like nothing more than to play off awkward energy. Playing awkward is the funnest thing ever — awkward tension, awkward silences. I'm crazy about that stuff. My wife laughs at me, though, because I can't watch it. If there's something awkward on television, I have to leave the room. It makes me so uncomfortable. I just stop breathing. But playing it, I love it. I love to play it and I love to live in that world. But I can't watch it.

You've said you have an easy "in" for Gary on Veep: you stoop over as you're talking to people shorter than you. Do you have one for other characters?
When I first started [Arrested Development] I remember asking Mitchell Hurwitz what Buster wanted in life — a very kind of actor question to ask. He said all Buster ever wanted was safety. I always used that. If there was any lack of safety he would spiral. But if he was around his mother that was the most safe place. He would get silly and crazy. He said he liked being away from his mother, that he wanted freedom. But especially in the fourth season he would spiral into a psychotic phase.

Your American Ultra character does that too, but he has a perhaps more understandable reason for it: he's suddenly been tasked with committing drone strikes.
He's in over his head. For me that's what it would be like to all of a sudden be placed at the center of the Pentagon. He's just a guy who works in a cubicle. He's totally overwhelmed. Maybe there's an "overwhelmed" through-line in my work. I don't know what that says about me. I remember when Buster in the fourth season of Arrested, he was playing these video games, then he found out he was dropping real bombs and all this awful stuff. He thought he was just playing a video game. When talking to you I just realized that similarity.

MATT PRIGGE/METRO IN NEW YORK

Actor Tony Hale. GETTY IMAGES

Now playing

COMEDY

Mistress America

Director: Noah Baumbach
Staring: Greta Gerwig, Lola Kirke

Tracy (Kirke) is a lonely college freshman in New York. But when she is taken in by her soon-to-be stepsister, Brooke (Gerwig) — an adventurous gal about town — she is rescued from her disappointment and seduced by Brooke's alluringly mad schemes.

ROTTEN TOMATOES™ SCORE

Critics:	Audience:
84%	+87%

COMEDY

Fort Tilden

Director: Charles Rogers, Sarah-Violet Bliss
Staring: Bridey Elliott, Clare McNulty

Amidst the vexing stagnation of quarter-life crises, Allie (McNulty) struggles to prepare for the Peace Corps, while Harper (Elliot) awaits checks from her father to fund her artistic dreams. The friends shun responsibilities for the day when a pair of good-looking guys invite them along to Fort Tilden.

ROTTEN TOMATOES™ SCORE

Critics:	Audience:
87%	+81%

COMEDY

Some Kind of Beautiful

Director: Tom Vaughan
Staring: Pierce Brosnan, Salma Hayek, Jessica Alba

Richard Haig (Brosnan) is a well-respected professor at Trinity College in Cambridge who indulges his romantic fantasies with a steady stream of beautiful undergraduates. But he's grown tired of the game and is looking for something more meaningful and lasting.

ROTTEN TOMATOES™ SCORE

Critics:	Audience:
0%	+83%

DOCUMENTARY

Steve Jobs: Man in the Machine

Director: Alex Gibney
Staring: Steve Jobs

A look at the personal and private life of the late Apple CEO, Steve Jobs.

ROTTEN TOMATOES™ SCORE

Critics:	Audience:
NOT YET REVIEWED	+94%

ACTION & ADVENTURE

American Ultra

Director: Nima Nourizadeh
Staring: Jesse Eisenberg, Kristen Stewart

American Ultra is a fast-paced action comedy about Mike (Eisenberg), a seemingly hapless and unmotivated stoner whose small-town life with his live-in girlfriend, Phoebe (Stewart), is suddenly turned upside down. Unbeknownst to him, Mike is actually a highly trained, lethal sleeper agent.

ROTTEN TOMATOES™ SCORE

Critics:	Audience:
38%	+93%

HORROR

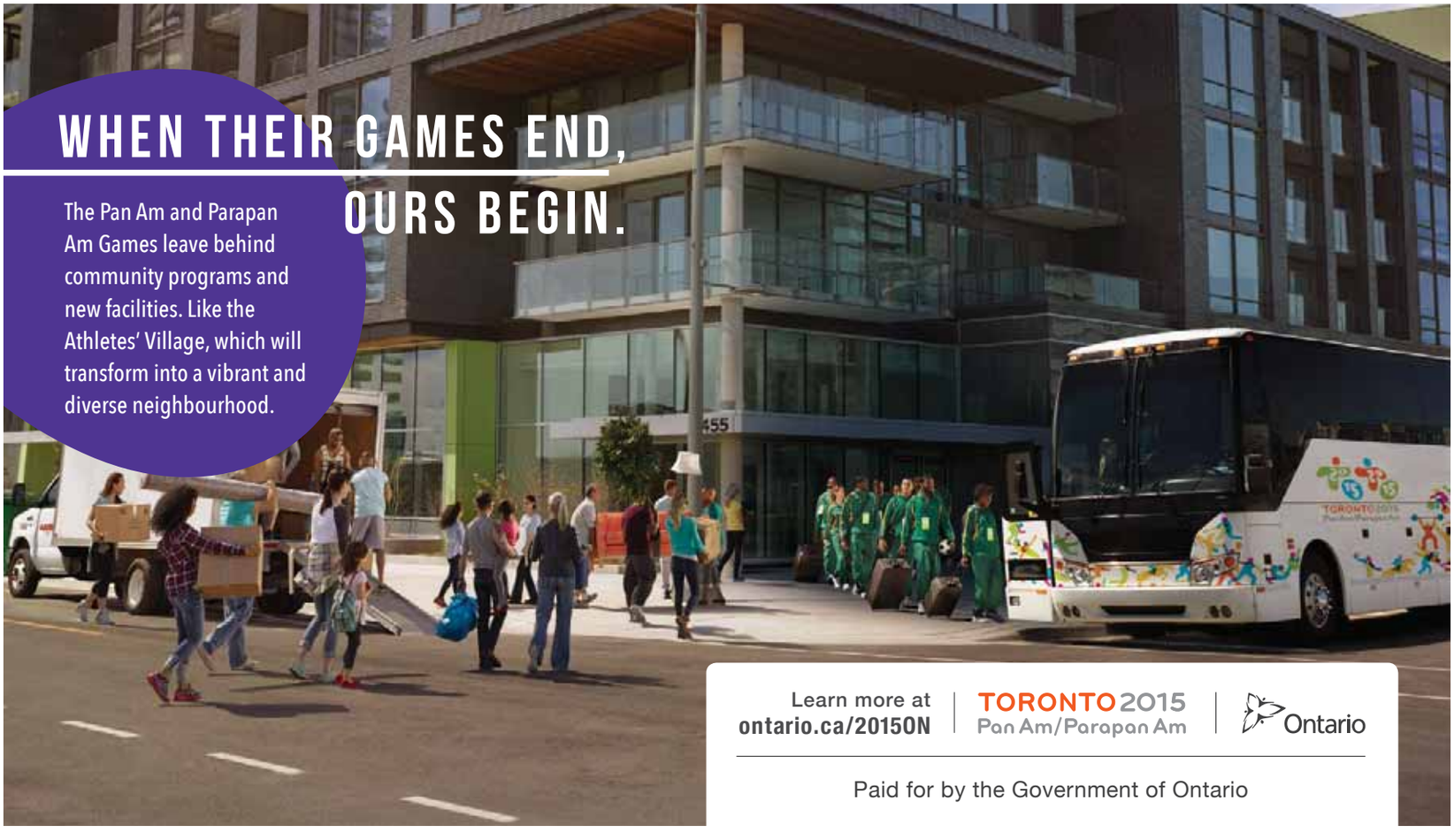
Sinister 2

Director: Ciaran Foy
Staring: Shannyn Sossamon, James Ransone

The sequel to the 2012 sleeper hit horror movie. In the aftermath of the shocking events in Sinister, a protective mother (Sossamon) and her 9-year-old twin sons (real-life twins Robert and Dartanian Sloan) find themselves in a rural house marked for death.

ROTTEN TOMATOES™ SCORE

Critics:	Audience:
5%	+92%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COMEDY

Patrick Stewart is telling it like it is

Matt Prigge
Metro in New York City

Patrick Stewart swears Gowanus is the next big neighbourhood. A proud Brooklynite, the legendary actor lives nearby and has heard word that the neighbourhood's rancid canal will be transformed, of course gradually, into the "Venice of America." "Invest now!" he jokes. Stewart was out of town most of last winter shooting Blunt Talk, a Starz comedy produced by Seth MacFarlane and written by Jonathan Ames (Bored to Death) in which he plays a carousing political news anchor of the Piers Morgan variety, only more prone to getting stoned before driving a car.

The opening of the first episode involves your character, Walter Blunt, picking up a transgender prostitute. But it's not what you might expect from a comedy from 10 years ago, or five years ago, or even last week. She's treated with respect and their time together is tender, not a dumb joke.

It's due to Jonathan (Ames)' own experiences and his sensitivity. We were both a little nervous about that scene and how it might appear. We didn't want to make easy jokes at the expense of someone who's had very intense, not to say painful and troubling, experiences. But the next thing was the casting of Trace Lysette in the role, who gives such a beautiful performance of great subtlety and honesty and openness. The scene becomes sweet, almost sentimental where it could have been broad and coarse and offensive. I don't think it is.

In the first four episodes it's not so much a political show as it is about characters.

I hope in time it will be seen to be both. We spent a lot of time — Jonathan, rather, did — building all the characters, giving them substance. I would like to see it get more political — because I am, and have been all my life. I'd like to start banging the desk a little bit in a Jon Stewart manner.

Patrick Stewart, seen here with Adrian Scarborough, stars as a British newscaster in Blunt Talk. CONTRIBUTED

Family is foremost in this zombie spinoff

FEAR THE WALKING DEAD

Actress feared being in show about the undead

It took several pitches to get veteran actress Kim Dickens to consider auditioning for Fear the Walking Dead, the L.A.-set prequel to The Walking Dead.

The Deadwood and Sons of Anarchy star says showrunner Dave Erickson and director Adam Davidson had to cajole her into considering the project, and once she examined the script she was seduced by "the greatest character ever."

"My instinct was at first, like, 'I don't know, I don't think I'm right for that one, that genre,"' Dickens says in a recent phone interview from Los Angeles.

"I felt the same way about (watching) Game of Thrones — 'Oh, fantasy is not really my genre' — but I love it so much. You just get drawn in by these well-drawn characters that are so great. It's definitely the appeal of The Walking Dead, too, the combination of the genre with the wonderful writing."

Dickens plays Madison, a widowed mother to two teens — one of them a junkie who can barely survive adolescence, let alone a mysterious viral epidemic that seems to turn sufferers into snarling cannibals.

Cliff Curtis co-stars as Madison's boyfriend Travis, a divorced father whose teenage son is reluctant to join his new blended family.

In charting the origins of The Walking Dead's apocalyptic onslaught, Erickson says he was keen on crafting a family drama — albeit with zombies — that a broad audience could sink their teeth into.

"There was something interesting to me about a dysfunctional blended family that's trying to come together and failing to do so," Erickson says by phone, also calling from L.A.

"And then the great irony of the show is the only way they come together is through the apocalypse."

Despite shared DNA with the Georgia-set The Walking Dead, this is a different show, with "a different kind of tension," he continues.

> **"There was something interesting to me about a dysfunctional blended family.**
> Dave Erickson, showrunner

"Tonally, we wanted to play the shark you don't see — we wanted to play the anticipation and the paranoia that goes along (with) living ... in a major city," says Erickson.

"The thing I love about the pilot is every time we go to a wide shot and we look at the crowded freeways and houses stacked on the hills, I think the audience is watching this knowing full well that pretty soon all those people are going to be dead. It's quite macabre but it carries a certain weight and I think it adds to the urgency."

Fear the Walking Dead debuts Sunday on AMC.
THE CANADIAN PRESS

Fear the Walking Dead debuts Sunday on AMC. HANDOUT

COOKING SHOW

Camp Cutthroat inspired by Alton Brown's outdoorsy past

When he visits N.Y.C., Cutthroat Kitchen host Alton Brown knows every subway trip could turn into a Cutthroat Commute. In this, he says, cooking and commuting are not so different.

"So many people who watch Cutthroat Kitchen don't necessarily get that the most fun part of it is simply watching the adaptability of human beings," he says. "It's not about doing horrible things to one another; it's about how people clear their mind of problems and watching how people actually figure stuff out."

This summer, Brown took his show outdoors in Camp Cutthroat, with sabotages like cooking on a rock wall and something called "capture the cheese."

Here Brown talks about the value of camping and hacking his kitchen tools — in elementary school.

. . .

I was a Cub Scout, I was a Webelo (horrible name!), I was a scout up to Star Scout. Then my family moved and I never found a troupe again ... which I regret. But when I was a kid growing up mostly in the '70s in a relatively remote part of the United States, scouting was a way of life. One day a week you wore your uniform to school with your trusty scout knife on your hip.

We learned a lot about self-reliance, which I worry that our kids aren't learning today. I certainly started developing a love of cooking in the Scouts, and the kind of little travel pots and pans and things they make for Scouts, I was really addicted to that stuff, I kept mine in perfect order and hacked some of it and made changes on it to make it more useful. The nice thing about cooking outdoors on scouting trips is there wasn't a mom yelling at you about messing up the kitchen!

That was a formative experience. And in fact, when we decided to do 'Camp Cutthroat' and they were talking about my costume, I was like, 'I'm going to wear a red beret,' because I had a red Boy Scout beret that I wore in the mid-'70s that I thought made me look badass. I told them, 'I am so rocking that beret.'
EVA KIS METRO NEW YORK

Host Alton Brown said he wanted Camp Cutthroat to look like Wes Anderson's Moonrise Kingdom. HANDOUT

Workouts for body and spirit

FITNESS

Contemplative types can enjoy these gentler exercises

Characteristically calm, individuals with meditative personalities are deep thinkers and enjoy contemplative activities. Discover our top selection of sports that can help these personalities maintain their healthy and well-being.

Naturally philosophical, meditative personalities prefer mental reflection to physical action. Contemplating the world to better understand how it works remains their preferred activity. This allows people with meditative personalities to better understand themselves.

Most often in tune with their emotions and feelings, meditative personalities have a hypersensitive disposition and use their senses to communicate with the outside world. There are three types of sports activities best suited to these kinds of personalities that can either reinforce and fine-tune their introspective capacities, help them develop new tools to discover other inspiring activities or a combination of the two.

Yoga

Yoga allows meditative personalities to take part in one of their favourite activities: meditation. This activity also provides a physical dimension that is just as important. The fusion of the two is ideal to gently get back into physical activity. The practice of yoga combines flexibility, strength training and a conscious control of movements and your breathing.

Biodanza

Biodanza was invented in the 1960s and developed from research done on the effects of music to movement and emotions. This dance activity is done either with a partner or within a group. Participants are led to better connect with their needs and desires and discover new forms of expression. They learn how to be guided by others, release tension, boost their creativity and over time, develop an increased zest for life and for social interaction. Similarly, Latin dance can also have these effects.

Gentle fitness

In Chinese martial arts, gentle movements represent a "soft" or "internal" technique and style (nei chia) as opposed to a "hard" or "external" (wei chia) technique. These notions allow the partakers of the sport to attain a perfect balance of their bodies and spirit.

This is an ideal activity for confronting the difficulties of life and relations with others.

Thanks to stretching exercises that reinforce flexibility and work your muscles and joints as well as self-massaging, those that practise gentle fitness routines will improve their body's movements and help loosen a combination of muscular and skeletal systems that work together.

AFP

WHAT IS BIODANZA?

PRACTITIONERS OF BIODANZA SEEK TO ENHANCE THEIR CREATIVITY AND USE THE EXERCISE AS A WAY TO INTERACT WITH OTHERS.

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Your essential daily news

China: Through the Looking Glass best-attended show at Met's Costume Institute

Oasis beyond The Strip

Las Vegas lures visitors from around the world with its bright lights, gambling and flamboyant shows. But even the most die-hard revellers can get worn out from the never-ending party on The Strip. Two of the top destinations for Vegas visitors who need a break are just 30 minutes to the southeast at the Arizona-Nevada state line: Hoover Dam and Lake Mead.

THE ASSOCIATED PRESS

1 Hoover Dam

Built between 1931-36, Hoover Dam is an architectural marvel, considered one of America's seven modern civil engineering wonders.

The dam spans 379 metres across Black Canyon and rises 221 metres from the Colorado River.

But like the Grand Canyon or Niagara Falls, Hoover Dam is a sight — albeit man-made — where descriptions or pictures don't do it justice; it's something that has to be seen to truly appreciated.

The view from the road is unimpressive, but once you look over the edge to the sliver of river below, expect your breath to be taken away. The view from the O'Callaghan-Tillman Memorial Bridge above the dam — accessed from a parking lot on the road to Hoover Dam — also is spectacular and looking back toward the deep blue water of Lake Mead isn't bad, either.

The visitor centre offers interesting details about the dam's history, but to get a true appreciation, take the tour to see the inner workings.

A quick warning: The large elevator can be crowded and there are warnings about claustrophobia. The trip is short, though, and the friendly guides tend to ease the tension during the 161-metre ride down.

The 30-minute guided power plant tour includes viewing the nine-metre penstock pipes, which control the flow of water, along with massive generators and access to the visitor centre. The hour-long dam tour has the same elements, but visitors also get to explore the various tunnels throughout the dam and peer out the air vents facing the downstream face.

Online: usbr.gov/lc/hooverdam

ISTOCK

2 Lake Mead

At full capacity, Lake Mead is the largest reservoir in the United States. It hasn't been at capacity in decades, though, with water levels dropping more than 60 per cent due to drought conditions in the Southwest.

Even with low levels, Lake Mead is still one of the largest man-made lakes in the country — and there's plenty to do. During the summer, the main attraction is the water: boating, water skiing, jet skiing, swimming, fishing, house boating.

A warning here, too: This is the desert, so it gets very hot during the summer. Park rangers urge people not to hike after 8 a.m. and to bring along plenty of drinking water.

The lake has nine developed areas, though the boat ramps at Las Vegas Bay, Government Wash and Overton Beach are closed due to low water levels. Las Vegas Boat Harbor, Callville Bay Resort and Temple Bar Resort & Marina have boat rentals, stores and restaurants.

The park has nine wilderness areas and numerous campgrounds dotting the shoreline, including some that back right up to the water.

Though most of the nearly seven million visitors to Lake Mead come during the summer, other times of year offer activities like hiking, biking, off-roading, camping and fishing.

The low water levels have revealed new beaches and coves, along with a few new sights, including the ruins of St. Thomas, an Old West town that previously had been submerged. Divers also can see the remnants of a B-29 Superfortress that crashed into the lake in 1948.

Online: nps.gov/lake/index.htm

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tico.ca Cuba

5 MUST TRYS IN CHIC DUSSELDORF, GERMANY

Dusseldorf is a sophisticated, cosmopolitan city of swish hotels, contemporary art and designer labels. Though its surface glitter is underpinned by the business acumen of its banks and corporate headquarters, fashion houses and advertising agencies, it's the confident ease with which Dusseldorf enjoys its prosperity that strikes visitors most forcefully, from the Altstadt's bars and restaurants to the chichi boutiques on stately Konigsallee.
Dusseldorf's worldly flair is evidently nothing new, for when Napoleon passed through in 1806 he thought the city a "little Paris." Today it offers an invigorating contemporary art and architectural movement, which seems to have sprung out of the soil via Frank Gehry and Will Alsop. **ANDREW JOHN VIRTUE DOBSON/FOR METRO**

1 Leaning towers

Over the past decade, the redundant harbour south of the parliament has been reinvented as the hip Media Harbor, with advertising agencies alongside slick nightclubs, restaurants and eye-catching buildings by celebrity architects. Particularly distinctive are the wobbly silver-and-white Neuer Zollhof towers by Frank Gehry.

2 House of modern art

Facing the Kunsthalle across Grabbeplatz is the sinuous, glossy black facade of the K20 Museum, which houses an outstanding collection of modern art including around a hundred works by Paul Klee as well as work by Joseph Beuys, a substantial Cubist collection including work by Braque, Leger and Picasso, and postwar American art from Pollock to Warhol.

3 To market we go

Pop by Carlsplatz, the city's farmers' market, during the lunch hour to swoon over all the handsome gents in dapper suits who come here to enjoy a fresh al fresco feast. Take the time to wander through the market's various alleyways and you'll discover lush floral bouquets, smoky butchers, swoon-worthy cheese shops, fresh rye at the bakery and pretty produce.

4 Place of worship

The distinctive spire of St. Lambertus forms the visual focus of the agreeably walkable Altstadt. The church's spire owes its twisted shape to the use of unseasoned timber when it was rebuilt after a lightening strike in 1815. Inside, the highlights are the rocket-like 15th-century Gothic tabernacle and the splendid Renaissance memorial to Duke Wilhelm V.

5 Palace fit for a doll

The pretty, pink ensemble of Schloss Benrath is arranged symmetrically around a large pond a short drive from downtown Dusseldorf. Built between 1755 and 1770 in a style that is on the cusp of Rococo and Neoclassical, the complex has a doll's-house neatness. A perfect stop for those enchanted by the lore of the European palace.

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TRAVEL NOTES FLYING PIGS, ARUBA RENO AND PASSPORT SAFETY

Jet-set pets
The Ark, a giant, privately owned airline animal terminal and transport facility, is set to open next year at New York's JFK airport. The multi-million-dollar, multi-purpose station is run in part by New York pet-service provider The Spot Experience, and will handle the import and export of horses, dogs, cats, birds, zoo animals and all kinds of livestock. Visit arkjfk.com.

The export horse stalls at The Ark. CONTRIBUTED

The other Palm Beach
The all-inclusive Riu Palace Aruba, on the white sands of the Dutch Caribbean island's Palm Beach, has just reopened after a $32-million renovation. All rooms, restaurants, bars, pools and even the theatre have been made over. Other highlights include a casino, a golf course and a 24-hour sports bar. Visit Riu.com.

The Riu Palace Aruba CONTRIBUTED

Passport tip
As a safety net in the event your passport goes AWOL, keep copies of it in your luggage. Stash one in your suitcase, one in your carry-on and even one in the sole of your sneakers, along with a jpg of it on your phone and on a cloud-based server. This may seem like overkill, but it makes replacing it so much simpler. Visit travel.gc.ca.
DOUG WALLACE

Keep a copy of your passport in a safe place. CONTRIBUTED

ISTOCK; INSET: SUBMITTED

NOT A TOURIST | A letter from Kathy Buckworth in Dubai

City in the sand

Dubai is a land of extremes. Just hours before this photo was taken of me in the desert, I was downhill skiing and zip lining, indoors, at one of the world's most exclusive shopping malls.

The day before saw a riverboat ride to the souks (markets) full of gold, silk and spices. Those same spices make their way to cuisines from around the world, offered in upscale restaurants with gold-leaf martinis, or market stalls along the beachfront.

The extremes are no more pronounced than when standing at the top of Burj Khalifa, the tallest building in the world, epitomizing their informal "Bigger. Larger. Taller." motto. More highs and lows, The Palms is the world's only man-made island visible from space, built out of sand from the depths of the Persian Gulf.

On the ground, The Palms is home to some of the wealthiest inhabitants of this city that has grown from 5,000 to 1.2 million in just 50 years, including 45,000 Canadians. I started this trip off right by flying Emirates Airline in business class, wetting my whistle in the onboard always-open standup cocktail lounge before exploring this unique and startling dry city in the sand.

FROM PICNICS TO MYSTERY DINNERS

Fleeting eats: The world's best pop-up dining experiences

ON THE MOVE
Loren Christie

Looking for a unique culinary adventure on your next vacation? From eating mystery meals while blindfolded to themed picnics, the pop-up dining craze is here. Cheapflights.ca shared their suggestions with me on fun, yet fleeting, foodie experiences.

London is a hotbed for culinary tourism. Street Feast runs through to the end of September and brings together 50 of London's best street-food vendors for an epic dining experience. Not only will there be enticing food, from tacos and BBQ to dosas and grilled cheese, but those simply looking for a tipple can hang their hat at one of the many pop-up bars, slinging everything from tequila to gin.

Downtown Calgary is inviting people to dine al fresco. Every other Wednesday from noon to 1 p.m. throughout the summer locals and visitors can experience Pop-Up Picnics. Each picnic has a different theme from a British garden party to circus and is held at different locations so you can go to all of them and never see or eat the same thing twice. Each picnic features a food vendor, live entertainment, games and picnic blankets.

Tacos? Check. Tequila? Also check. TD's PopUp in Portland, Ore., is an offshoot of the city's Three Degrees restaurant. The theme is simple: tacos and tequila served up on the banks of the Willamette River courtesy of Chef Thomas Dunklin. The tiny 10-seat counter-service pop-up runs along the waterfront until October from noon to 8 p.m.

Fans of ceviche might want to consider a trip to West Hollywood to the Mondrian Hotel to experience Chef Octavio Olivas' Ceviche Project running until Oct. 22. Monthly pop-up dinners are held at the hotel's Sky Bar; each one features five courses based around ceviche. The menu is dependent on what fresh fish the chef manages to find that day.

If you like your dinner with a side of mystery, check out Four Seasons Undercover, happening at several Four Seasons hotels throughout North America. At these dinners, guests are given no details about what to expect other than when to meet in the lobby. At the anointed meeting time, guests are blindfolded until it's time for the big reveal and they are presented with their one-of-a-kind dining experience.

EatWith isn't so much a traditional pop-up restaurant, but an off-the-cuff dining experience you won't get anywhere else. Chefs in cities around the world, vetted by EatWith, put together dinners based on whatever inspires them. Menus are listed online. Travellers simply search for menus in their destination city and find a meal that intrigues them, make a reservation and then sit down for a meal with their local host.

TD's PopUp in Portland, Ore., where patrons can grab a frosty watermelon margarita. COURTESY THREE DEGREES TD'S POPUP

metro SPORTS
Your essential daily news

Tiger Woods opened the Wyndham Championship with a 64, his best round in two years

IN BRIEF

Dodgers on verge of topping $300M plateau

Chase Utley's acquisition put the Los Angeles Dodgers close to becoming the first baseball team with a $300 million luxury-tax payroll.

The trade Wednesday that sent the six-time all-star second baseman from Philadelphia to the NL West leaders raised the Dodgers' projected payroll for tax purposes to about $298.5 million, according to calculations by Major League Baseball. Performance bonuses for other players and end-of-season award bonuses could make the Dodgers the first team to reach the $300 million mark.

The Dodgers' regular payroll is at about $285 million, up from a record $257 million last year.

THE ASSOCIATED PRESS

Giants acquire Byrd to help banged-up outfield

The San Francisco Giants acquired outfielder Marlon Byrd and cash Thursday from the Cincinnati Reds to boost their injury-plagued outfield.

A day after losing out on second baseman Chase Utley, whom the Phillies traded to the NL West-leading Los Angeles Dodgers, the defending World Series champions made their own move to boost an outfield that has dealt with injuries to all three starters: Angel Pagan, Nori Aoki and Hunter Pence. THE ASSOCIATED PRESS

Josh Donaldson for AL MVP ... 'Who else?'

MLB

Third baseman has led Jays into playoff contention

Among the favoured expressions of Blue Jays' outfielder Jose Bautista is a kind of practised incredulity. Suggest for instance that Mike Trout is the consensus frontrunner for American League MVP and you will be met with a sharp, quizzical glare.

"What?" he shot back at on Wednesday. "Says who?"

The notion that Trout, the Angels' 24-year-old centre-fielder, is the favourite to win his second MVP in as many years is a foreign one to Bautista. "I don't know where you're making that assertion from," he said. "I would be surprised if he was."

It's no surprise whom Bautista believes is most deserving of the title.

"Josh Donaldson," he said. "No doubt. Who else?"

For Bautista, not only is his teammate the frontrunner, he's the only one in the race.

"If the season ended today, he should be the MVP. There's no doubt in my mind. There shouldn't be a doubt in anybody's mind, no offence to any other player."

Josh Donaldson and Mike Trout each had 33 home runs as of Thursday afternoon. ROB CARR/GETTY IMAGES

With the Blue Jays opening a three-game series against the Angels this weekend, the MVP debate will be in the spotlight as Donaldson and Trout face off for the first time since May.

With all due respect to Bautista, it is a true, two-horse race. Donaldson and Trout have 33 home runs apiece and they are both hitting just a shade under .300. Trout has a higher on-base and slugging percentage, but Donaldson has scored and driven in more runs. According to various metrics, Donaldson has been the better defensive player this season, while Trout adds more value on the basepaths and plays a tougher position.

6.7

According to Fangraphs, Trout has a wins above replacement value of 6.7, while Donaldson is at 6.6.

"We could talk about Trout until we're blue in the face," said Jays centre-fielder Kevin Pillar. "We all know he's the best player in the world. What he does is incredible for how young he is and how talented he is. But you look at the bigger picture of what Josh has meant to this team and where this franchise is at for the first time in a long period of time, you've got to take that into consideration."

Do you? That's at the heart of the debate. What does "most valuable" mean? If the Jays win their division and the Angels don't, is Donaldson more deserving? No definition is given to the 30 baseball writers — two from each American League city — who vote on the award. For some, it's strictly a matter of individual achievement. It should be given to the league's most outstanding player, period, regardless of team performance. For others, a player's value is relative to his team.

"What defines an MVP? I guess it's if you take that guy out of the team it changes the complexion of the team," said Jays catcher Russell Martin. "Who has the biggest impact on their team? It's always going to be debatable. It's kind of hard to compare an outfielder to a third baseman."

TORSTAR NEWS SERVICE

NBA

Valanciunas scores a $64M extension

There was no doubt in Jonas Valanciunas's mind that he'd re-sign with the Toronto Raptors.

The seven-foot, 270-pound Lithuanian centre and the Raptors announced a multi-year contract extension on Thursday worth a reported $64 million US. Valanciunas tweeted that the deal was for four years.

"I love Toronto. I love to play here," said Valanciunas outside of the Raptors' locker-room at Air Canada Centre. "It's my second home. They treat me like I'm from here."

> **I want to win, I'm going to do everything to be successful.**
> Jonas Valanciunas

Valanciunas was selected fifth overall by the Raptors in the 2011 NBA draft by then-general manager Bryan Colangelo. Although drafted by his predecessor, the faith current GM Masai Ujiri has placed in him is one of the reasons why Valanciunas was happy to stay in Toronto.

"That's why we're doing the deal, because I feel the trust in me," said Valanciunas. "I just want to say thank you to the whole organization for placing their trust in me. I'm ready to go out and compete on the court.

"Now it's my time to go out and do something."

Valanciunas averaged a career-high 12.0 points last season, with team highs of 8.7 rebounds and 1.2 blocks. He averaged 11.3 points and 9.3 rebounds in four playoff games. Valanciunas finished second in the NBA with a .572 field goal percentage.

At 23 years old, Valanciunas has a lot of upside, something that Ujiri wanted to invest in.

"We feel he's made progress," said Ujiri. "He's a great kid. Loves the city, loves the fans, loves everything about Toronto and that's what we want to embrace here.

"He showed us a lot on the basketball court and we think he'll get better."

THE CANADIAN PRESS

Jonas Valanciunas posted a career-high 12.0 points per game last season. RICK MADONIK/TORSTAR NEWS SERVICE

Spain remains a duopoly

LA LIGA

Expectations higher than ever for Barca and rival Real

After a quiet summer for the Spanish league marked by famous farewells instead of lavish outlays, two coaches could take centre stage as Barcelona opens its title defence this weekend with Real Madrid again the main challenger.

Luis Enrique led Barcelona to a rare sweep of the league, Champions League and Copa del Rey titles last season in his first season in charge, but his ability to motivate the team is now being questioned after Athletic Bilbao dealt the team a 5-1 aggregate loss in the Spanish Super Cup.

Barcelona will get a chance to avenge that result come Sunday when it starts the Spanish league season in Bilbao.

"It will be a tightly contested league, but we have to be optimistic," said Luis Enrique. "I see my team as convinced. We want to keep giving our fans reasons to celebrate and to continue being the team the world admires."

Rafa Benitez will make his competitive debut as Madrid's new manager at promoted club Sporting Gijon Sunday. Benitez inherits a star-studded squad led by Cristiano Ronaldo, but the team displayed a bewildering inability to win big matches across all competitions last season.

Madrid club president Florentino Perez is yet to make a big splash in the transfer market, limiting his buying to players like Mateo Kovacic and Kiko Casilla.

With Lionel Messi providing the goals, Andres Iniesta will have to fill departed captain Xavi Hernandez's more vocal leadership role in Barcelona. Madrid, however, is entering the season with questions regarding leadership and whether feeding Ronaldo's insatiable appetite for scoring is the way to a title.

One Spanish league championship in seven years is paltry for the richest sports club in the world.

Benitez began his coaching career in Madrid's youth academy and he knows there is no place in the capital for losers.

"No. 1 is the only thing that matters, and being second isn't worth anything," Benitez said after stifling tears at his presentation in June. "I have to adapt as quickly as possible because this is the demand from the very first day." THE ASSOCIATED PRESS

Jose Enrique and Lionel Messi won a historic treble with Barcelona In 2014-15. QUIQUE GARCIA/AFP/GETTY IMAGES

ALSO-RANS?

Atletico Madrid's Diego Simeone has a formidable attacking unit after buying Colombia striker Jackson Martinez from FC Porto and Luciano Vietto from Villarreal to go with Antoine Griezmann and Fernando Torres. But despite the injection of talent up front, Atletico would need to rekindle its 2014 title form to challenge the top two.

Valencia and Sevilla should round out the five Champions League spots.

Diego Simeone GETTY IMAGES

New Real Madrid manager Rafa Benitez will be under pressure to find championship form quickly with his all-world roster featuring Cristiano Ronaldo. ROBERT CIANFLONE/GETTY IMAGES

PREMIER LEAGUE

Chelsea votes for Pedro

While Chelsea awaits a first win on the field this season, the Premier League champions scored a victory in the transfer market on Thursday by beating Manchester United to the signing of Pedro Rodriguez from Barcelona.

A fee worth 30 million euros ($33 million US) brings the 28-year-old forward to Chelsea.

The Blues are enduring their worst start to a season for 17 years. Chelsea lost the Community Shield to Arsenal and collected one point from its opening two league games while Jose Mourinho became embroiled in a public row with his medical staff.

Pedro won 20 trophies with Barca, where he had spent his entire pro career. He also won a World Cup and Euro Championship with Spain.

Pedro Rodriguez GETTY IMAGES

CITY SIGNING

Manchester City strengthened its defence for the team's bid to regain the Premier League title by signing Argentina centre back Nicolas Otamendi from Valencia on Thursday, taking spending this summer close to 100 million pounds ($156 million US). THE ASSOCIATED PRESS

CANADA BASKETBALL

Puerto Rico-bound, armed with Wiggins

The Canadian men's basketball team will go with a 13-man roster for the Tuto Marchand Continental Cup exhibition tournament starting Sunday in Puerto Rico.

Nine current NBA players were named to the squad Thursday as the team wrapped up its camp at Air Canada Centre. NBA rookie of the year Andrew Wiggins highlights the roster, which includes his Minnesota Timberwolves teammate Anthony Bennett.

Other players include Melvin Ejim and Andrew Nicholson of the Orlando Magic, Nik Stauskas of the Philadelphia 76ers, Robert Sacre of the Los Angeles Lakers, Dwight Powell of the Dallas Mavericks, Kelly Olynyk of the Boston Celtics and Cory Joseph of the Raptors. The roster is rounded out by Aaron Doornekamp, Olivier Hanlan, Brady Heslip and Phil Scrubb.

The tourney is a warmup event ahead of the Aug. 31-Sept. 12 FIBA Americas event in Mexico City.

The top two teams at the FIBA Americas qualify for the 2016 Olympics. THE CANADIAN PRESS

Andrew Wiggins TORSTAR NEWS SERVICE

IN BRIEF

LeBron identifies with young Filipino street ballers

LeBron James hopes his story can inspire young Filipinos to rise from adversity through basketball.

The superstar is mentoring finalists of Rise, a Nike-sponsored reality TV program aimed at developing young Filipino basketball players.

LeBron James GETTY IMAGES

Coming from humble beginnings and raised by a single mother, James said he can relate to what the "Rise kids" are going through.

"I was a kid who didn't believe that I can't make my dream become a reality," he said. "I just love the game so much that I won't let nobody tell me that I couldn't accomplish something, so I know exactly what a lot of these kids are going through." THE ASSOCIATED PRESS

Don't hold your breath on Dareus deal, sources say

Negotiations have reached a standstill in the Buffalo Bills' bid to sign defensive tackle Marcell Dareus to a long-term contract, two people familiar with the talks said on Thursday.

Both spoke on condition of anonymity because the negotiations are private.

One person said the sides haven't exchanged offers in a few weeks, raising concerns that a deal won't be completed before the start of the season in three weeks. THE ASSOCIATED PRESS

NFL

Brady airs out arm against Saints' D

Tom Brady's media blackout, purportedly on advice of lawyers handling the legal challenge to his "Deflategate" suspension, has left him unavailable to even discuss how the New England Patriots look on the football field.

But the reigning Super Bowl MVP hasn't been completely silent.

"They did some things to us. Any time you go against Brady, he's one of the best."
Saints DE Parys Haralson

During a pair of joint practices with the New Orleans Saints this week, the 38-year-old demonstrated how well his arm is holding up, and how sharp he remains on the football field even as the high-profile "Deflategate" court case hangs over him.

"He was throwing some dimes out there today," said receiver Matthew Slater, who caught a touchdown pass of about 40 yards from Brady during 11-on-11 drills Thursday.

Then Slater added, looking at reporters, "I think you could have caught 'em."

Making aggressive, precision throws — both forceful and finesse — Brady completed 16 of 18 passes he attempted against New Orleans' full defence. The four-time Super Bowl winner connected on his last 14 throws. THE ASSOCIATED PRESS

De Grasse entering whole new world

Ontario's Andre De Grasse doesn't fear such names as Tyson Gay and Usain Bolt.
EZRA SHAW/GETTY IMAGES

ATHLETICS

Rising Canuck sprinting star to face fastest men on planet

When Usain Bolt was sprinting to three gold medals at the 2008 Beijing Olympics, Andre De Grasse was 13 years old and dreaming of playing in the NBA. He grew up playing soccer and basketball. He could rattle off the names of the best players in the English Premier League. He loved Toronto Raptors star Vince Carter.

It's not that De Grasse didn't know who Bolt was; it's more that he didn't really care about the double world-record-holder.

Things haven't changed much as the 20-year-old from Markham, Ont., gets ready to line up this weekend against the best sprinters on the planet at the world track-and-field championships in Beijing. "I don't think he's going to be rattled getting in the blocks against Tyson (Gay, a three-time world champion) or Bolt," says his Canadian coach Tony Sharpe.

"He never talks about (Justin) Gatlin, Bolt, (Asafa) Powell. Never. Being a little naive about who's around you sometimes can't hurt. Takes away some of that nervous pressure.

"But there's something beyond that with Andre in terms of competitiveness that can't be ever coached or taught."

It's that inexplicable "something" that saw De Grasse win the 200 metres at the Pan American Games last month in Toronto, despite running out of Lane 8 and in his sixth race in three days.

And while reaching the podium in Beijing might be a tall order for De Grasse, who's coming off a long season, Sharpe would never count out Canada's new face of sprinting who has rocketed up the world rankings since Sharpe spotted him as a Grade 12 student in a high-school meet at York University.

The 100-metre final is Sunday. De Grasse will also compete in the 4x100 relay.
THE CANADIAN PRESS

BOLT: I CAN'T SAVE SPORT ALONE

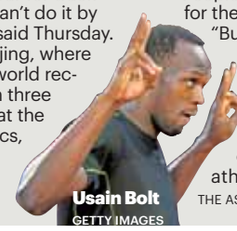
He set world records, won Olympic gold medals, danced on the track and made the sprint game feel fun again.

One thing Usain Bolt cannot do, he insists, is serve as the lone saviour for track-and-field. "I can't do it by myself," Bolt said Thursday.

Back in Beijing, where he set three world records and won three gold medals at the 2008 Olympics, The World's Fastest Man is preparing for the world championships this time around.

But his news conference Thursday was less about reminiscing and more about the topic that has swallowed up his sport of late: doping.

"People say I need to win for the sport," he said. "But there are a lot of other athletes who have been running clean their whole career. It's not just on me but on all athletes."



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RECIPE Tex Mex Chicken and Corn Soup

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Rose Reisman
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A perfectly spiced Southwestern soup that's easy to make and is filling enough to be the main course. Serves 6.

Ready in
Prep time: 10 minutes
Cook time: 16 minutes

Ingredients
- 2 tsp vegetable oil
- 1 cup chopped onion
- 2 tsp minced garlic
- 1 cup chopped red bell pepper
- 1 corn cob (kernels cut off) or 1 cup canned and drained corn niblets
- 1 1/2 tsp chili powder
- 1/2 tsp cumin powder
- Salt and pepper
- 1 1/2 cups diced rotisserie or leftover chicken
- 1 cup canned, drained and rinsed black beans
- 1/2 cup diced tomato
- 4 cups chicken stock
- 3 Tbsp chopped cilantro
- 1/3 cup grated light Monterey Jack cheese or Old Cheddar

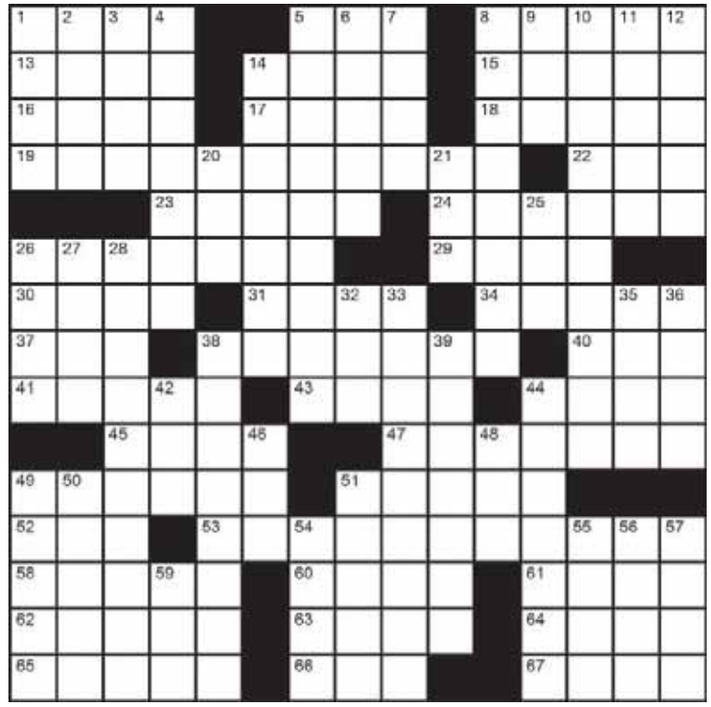
Directions
1. In large pot, heat oil and add onion. Sauté for three minutes. Add garlic, red pepper, corn, chili powder, cumin and salt and pepper and sauté for another three minutes.
2. Add chicken, beans, tomatoes and stock. Cover and simmer for 10 minutes. Garnish with cilantro and cheese.

Nutrition per serving
- Calories 216
- Protein 19 g
- Carbohydrates 18 g
- Fibre 3 g
- Total fat 7.5 g
- Saturated fat 2.5 g
- Cholesterol 10 mg
- Sodium 415 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Oliver of "Oliver!" (1968)
5. "Today" rival, commonly
8. Jazz improvisations
13. Old Rome's 156
14. Pool-playing props
15. Banish
16. Pack _ __ (Get ready to vacation)
17. Bubbly bar
18. Keepsake of yore
19. St. Ives product: 2 wds.
22. Tennis call
23. Smiler's pride
24. Those who have just had dental surgery might avoid eating them for a time
26. Winona Ryder's character in "Little Women" (1994): 2 wds.
29. Mr. Egoyan
30. Oscar-winner Mr. Jannings
31. Frost
34. Spew
37. Down
38. Adorn with garlands
40. Tea: French
41. Slow garden dweller
43. Norse thunder god
44. Scottish slope
45. Miss White of fairytales
47. Church bell ringers
49. "Fantasy Island" character
51. Fibber __ and Molly (Old-time radio show)
52. Lisa Loeb song: 2 wds.
53. Canadian nutritionist known for her healthy recipes: 2 wds.
58. Blue hue
60. Auth. unknown
61. Kingly address
62. Persist
63. Use the Xerox
64. Desire Under the __ (Eugene O'Neill play)
65. Bonfire remnants
66. Starring actress in "Titanic" (1997) ...her initials-sharers
67. Week parts

DOWN
1. Mil. fliers
2. British actor Idris
3. Leave a disaster area, for short
4. As per #26-Down... __ Correspondent
5. As per #26-Down... Regular __ __
6. Concert stuff fans would buy, fun-style
7. Ancient stringed instrument
8. Prohibited
9. Big Joe Mufferaw's tool
10. Metric length unit
11. Worked at, as a trade
12. Religious orders
14. Horse-drawn carriage in Old Montreal
20. __ Lingus
21. "Surfin' _._._" by The Beach Boys
25. Journal
26. Ms. Allen of CTV's "The Social" who is the show's #4-Down and #5-Down
27. Its capital is Muscat
28. Flair for fortune: 2 wds.
32. Sports fig.
33. Agriculture... Carrots and beets: 2 wds.
35. Dog breed, __-Pei
36. Casual tops
38. Workers laying down tile, perhaps
39. Mountain formation process
42. Chg. card percentage
44. Fortunate
46. Court
48. Floral souvenir
49. Headdress for Kate, Prince William's wife
50. Carpentry tools
51. Thompson Twins hit: "Hold __ __"
54. Potatoes holder
55. Ben Mulroney's mom
56. Canadian __ (Military force)
57. Loch of legend
59. Blanche's portrayer on "The Golden Girls"

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may want to take some kind of gamble today but that might not be such a good idea. You are advised to remember that there are no easy routes to success: it takes hard work, stamina and common sense.

Taurus April 21 - May 21
What you see and hear today may shock you but don't getting upset or angry. Other people's actions may not be to your liking but there is not much you can do about it.

Gemini May 22 - June 21
You may be tempted to start something over that is not going as well as expected but if you do it may never get done. Your best course of action is to plod on and hope for the best.

Cancer June 22 - July 23
You have to decide whether or not to continue with a creative project. Think about how much effort you have already put into it. All that will be wasted if you give up now.

Leo July 24 - Aug. 23
Someone feels you owe them and they are about to demand that you pay up in full. You must not let them pressure you into parting with cash. If you owe them a favour then you should pay back in kind.

Virgo Aug. 24 - Sept. 23
It is likely that something or someone will delay or even halt your progress. It may be frustrating but there is not much you can do about it. Stay calm and don't lose your temper.

Libra Sept. 24 - Oct. 23
You should be making plans that stretch well into the future — not weeks or months but decades. You need a vision, something to aim for, something to inspire you. The details can be sorted out later.

Scorpio Oct. 24 - Nov. 22
Important decisions have to be made today. With the Sun at odds with Saturn in your sign you must get tough, both with others and with yourself.

Sagittarius Nov. 23 - Dec. 21
Use your imagination and visualize what it is you most want to accomplish and what kind of person you most want to be. Don't let the critics and cynics hold you back. You can do anything!

Capricorn Dec. 22 - Jan. 20
You have some pretty remarkable ideas buzzing around inside that big head of yours. Don't share them with people in positions of power. They may fear, rightly, that you are aiming to outshine them.

Aquarius Jan. 21 - Feb. 19
Say what you mean and mean what you say. Don't worry if certain people don't like it. There may be a backlash but you are big enough and tough enough to ride out the storm.

Pisces Feb. 20 - March 20
Don't go over the top and make enemies of people who should be friends. You may be speaking the truth, but if you hurt others' feelings they will hurt you right back.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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   With Zameer
   This Sunday!!
5. **West Coast Lumberjack Show**
   Daily
6. **XPogo Stunt Team**
   Daily
   FLOW 93.5
7. ***RUSH:* Parkour Demonstrations**
   Daily
   Sun · Kiss 92.5
8. ***Bon Voyage!* Aerial Acrobatics & Ice Skating Show**
   Daily
   Classical 96 · Sun · City

1

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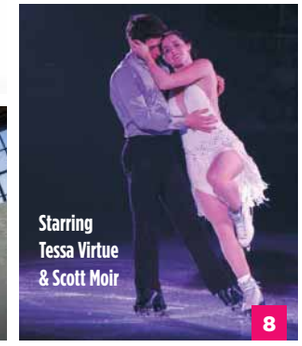

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